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01 of 05 - Wind - Feng - Talk – Lester Levenson - Lester Levenson Six Steps – Lester Levenson – TSM – Lester Levenson Original Release Method – Lester Levenson Original 1992 Sedona Method Release Technique (Wind Feng).pdf

Wind (Feng) on Six Steps (One of 6 documents, this is English translation of the document named “Wind’s talk on Lester Levenson Six Steps and Lester Levenson Original Release Method (The Original 1992 Sedona Method) ” – from documents 00 to 05 in the Google Drive)

Version 1.0 – Wind (Feng)’s chat logs in WeChat Weixin Groups “Shortcuts to Freedom” and “TSM The Original Sedona Method Release Liberation Diamond Island”

Document Creation date: 14 Feb 2026

“ Simply release your feelings, your mind quiets, and you’re there.”
– Lester Levenson (1909-1994)

Source (Github):

<https://github.com/deng-bowen/6-steps/blob/main>

<https://drive.google.com/drive/folders/1WlCTqnPtCVDKt8gc2YVA4fpBWee4QHac?usp=sharing>

People or authors mentioned in this document include:

Wind (Feng 风 / 風 in Chinese)

Lester Levenson (1909-1994)

Lester Levenson (The Sedona Method / The Sedona Release Method Technique)

The Original 1992 Sedona Method by Lester Levenson

The Sedona Method Release Liberation Technique

Wind (Feng) on Six Steps of Lester Levenson

Wind (Feng) 's application of Lester Levenson (The Sedona Method) Six Steps to Freedom

Hale Dwoskin (student of Lester Levenson , author of the book 'The Sedona Method' , featured in 1992 Original Sedona Method 8 videos)

Nikki Warriner (featured in 1992 Original Sedona Method 8 videos)

Larry Crane (Lawrence Crane) / Lawrence Crane (1935-2018) (student of Lester Levenson, author of the book 'Abundance Book' and The Release Technique)

Stephen Seretan (author of the book "Lester Levenson and me")

Virginia Lloyd (author of the book "Choose Freedom" , a book about Lester Levenson)

Ralph Zeitlin (student of Lester Levenson)

Mike Klein (student of Lester Levenson)

Rick Solomon (student of Lester Levenson)

David Hawkins MD PhD (student of Lester Levenson , and author of the book 'Letting go: pathway of surrender')

Ramana Maharshi

Buddha

Yogananda

Jesus

PS. This document was translated from Chinese to English, with the assistance of DeepSeek in February 2026.

Background Information for spiritual seekers (and finders) :

Lester Levenson experienced a profound inner awakening in 1952 after a severe heart condition (coronary thrombosis) left him facing death; withdrawing to contemplate the cause of suffering, he discovered that his misery came not from circumstances but from his own suppressed feelings (emotions) and mental resistance. By systematically letting go of fear, desire, and attachment, he reported entering a state of deep peace, love, and freedom that did not depend on external conditions. This realization—that happiness is one's natural state and can be uncovered by releasing inner subconscious feelings —became the foundation of what later evolved into the Sedona Method (Release Technique).

Seen through the lens of Ramana Maharshi and Eckhart Tolle (Power of Now book), Lester Levenson's awakening can be understood as a collapse of egoic identification under the pressure of imminent death, followed by a direct abidance as pure awareness. Instead of seeking salvation externally, he turned inward and discovered that suffering arose from attachment to feelings, thoughts, desires, and fears; when these were relinquished, what remained was causeless peace and love. In Ramana's terms, the false "I"-thought subsided into the Self; in Tolle's language, psychological time and resistance dissolved into Presence. Lester Levenson's later teaching of "releasing" can thus be viewed as a pragmatic pathway to the same realization: that one's true nature is prior to thoughts and feelings, free of grasping, and inherently whole.

In China and in the Chinese speaking community (China ,Taiwan, Hongkong, Singapore, Malaysia), and there is this person with the ID "Wind" (Feng) (风) / 風 in Chinese), a well-known figure in China's spiritual seekers community, who claimed to have been thrown into "spiritual enlightenment" (Nirbīja Samadhi) after constant release (every moment 24/7) for about over a month in 2020.

Wind (Feng 风) / 風 in Chinese) focus was on the recordings of Lester Levenson's talks and the 1992 Sedona Method version of the course designed by Lester Levenson himself and led by Hale Dwoskin and Nikki Warriner . (8 videos of the 1992 course recordings are freely available on YouTube and bilibili).

Later on, the instructors after Lester Levenson who were his students , modified, added or subtracted some parts of it. The focus in those materials somehow shifted from achieving

freedom to having a happy comfortable life, which itself is awesome, but I wonder if we're leaving what's more out there , from Lester Levenson's original teaching.

The documents from 00 to 05 are the PDFs of chat logs of Wind (Feng) answering questions from other spiritual seekers.

Wind (Feng / 风 or 風 in Chinese) , a well-known pseudonymous student of Lester Levenson's Six Steps and The Sedona Method Release Technique - Letting Go) in China , rose to prominence among Chinese spiritual seekers community in 2021 , for sharing Chinese translations of Lester Levenson's audios, his direct awakening experience , and for emphasizing and popularizing the pure simplicity of " Simply Releasing 24/7 and applying the Lester Levenson Six Steps 24/7" .

Wind (Feng / 风 or 風 in Chinese) , is a dedicated practitioner and teacher of Lester Levenson's Six Steps (The Original 1992 Release Method – Sedona Method) who emphasizes the profound simplicity and effectiveness of the Six Steps as the complete map to Freedom, having deeply studied Lester Levenson's 1992 Original Sedona Method Course materials and audio recordings. Through his extensive experience, Wind asserts that "you don't need anything beyond the six steps" to achieve true freedom, consistently teaching that the Six Steps - from wanting freedom more than the world to experiencing increasing joy with each release - form a self-contained, powerful system that requires no additional techniques or modifications. Wind's teaching centers on the purity of Lester Levenson's original method, particularly as presented in the 1992 Original Sedona Release Method course, where he identifies the three fundamental desires (approval, control, and security) as the root of all emotional suffering, and emphasizes that continuous release of these desires, rather than merely releasing surface emotions, is the key to rapid liberation - a process he (and Lester Levenson) claims can take "only a few months" when practiced with complete fidelity to Lester Levenson's instructions.

As of February 2026, Lester Levenson, Hale Dwoskin, Larry Crane (Lawrence Crane) (Lawrence Crane), The Sedona Method, and The Release Technique, are more popular in China , than the rest of the world combined, since it is free, requires no belief systems, and no external guru or teacher. Virtually, all Lester Levenson's books, talks, videos (in English), have been translated into Chinese .

The Original 1992 Sedona Method Videos (8 videos), featuring Sedona Method instructors **Hale Dwoskin** and **Nikki Warriner**, have been viewed millions of times in China's YouTube (bilibili), while in YouTube the same video has less than 100,000 views.

Wind (Feng)'s chat logs PDF documents are freely available for download in Internet Archive, and contain essential pointers for true seekers, to start their journey to "Lester Levenson Six Steps and TSM (The Original 1992 Sedona Method)" .

Wind (Feng) said in the chat logs document:

"All the spiritual masters point to the same Reality , and Releasing via Six Steps, in my experience, is the most effective practice to get there (Freedom, Beingness, Reality) . Absolute security is only found in your true inner self (Infinite Beingness). "

Lester Levenson has a better summary: "The Sedona Release Method is simple, the method is also easy. Let the feelings come up, [recognize the deeper ego's intention] they are a desire for approval or control, and then let them out. Carrying out the six steps of this method, will take a few months to empty out all your garbage."

Lester Levenson's quotes:

" Feelings Are Suppressed Energy Under Pressure. Allow them to be and decide to release them, up and out."

" Even more simply, release the feelings as soon as you notice them. "

" Allowing feelings to surface , float up and out , and decide to release / let go of them instantly . "

"Releasing is simply allowing the suppressed feelings to come up and go out—without resistance, without effort, without identification. It's not thinking it away; it's feeling it and letting it float away. When you do this consistently—especially from a high state—you dismantle the entire structure of ego, and what remains is your infinite beingness. "

“You hear that word allow? That's just the way it happens. Instead of holding it down or toying with it, you allow it up and out.”

"There is so much of it -- releasing occasionally helps but if you want to get it all out a huge accumulation, it's got to be constant it's in the Six Steps, you got to make it constant and all day long it's floating up and out you see the feeling and you see it release sort of like sitting back and watching the show go on."

"The way is simple and the way is easy. Let the feelings come up. Get them under approval or control and let them out."

"Taking a feeling up is tracing a feeling to a more basic feeling until you get the source feeling of wanting to control or wanting approval."

"The feelings comes up in waves, goes out. The waves stop and then you're finished."

3 core wantings described in The Original 1992 Sedona Method:

Category	Description	Synonyms - Positive/Wanting	Synonyms - Negative/Fear
Wanting Approval or Disapproval	feeling of not being worthy or good enough , fear of others' disapproval , intense neediness	Wanting love / acceptance/ admiration / caring/to be noticed/to be understood/to be stroked/to be nurtured/to be liked/to be	Wanting to be disliked/rejected/be looked down on/ to hide/to be misunderstood/to rebel/to be ignored

Category	Description	Synonyms - Positive/Wanting	Synonyms - Negative/Fear
		recognized/to be popular/	
Wanting Control or to be Controlled	Feels rigid, controlling, hard-edged and pushy --- Be controlled -- Feels like wanting to be taken care of .	Wanting to change/understand/ manipulate/push/fix/f orce something/to have it our way/to be right/to be on top/ to make it happen/to coerce	Wanting to change/be changed/to be confused/to be manipulated/ to be fixed/to be forced/to follow/to be the underdog/to blame/to be the victim
Wanting Security / Safety / survival or fear of death	Feels threatened and unsafe -- Survival -- Feels like wanting to give up, rejecting life .	Wanting safety/to survive/to get revenge/to protect ourselves and others/to attack/to defend/to kill/to be safe	Wanting danger to end it all/to expose ourselves and others/to be attacked/to be defenseless/to be killed/to be annihilated/ to be threatened

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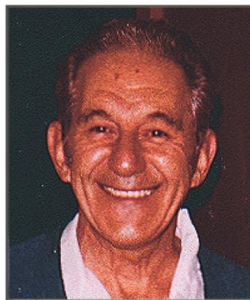
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Wind's talk on Lester Levenson Six Steps to Freedom

Chat Log 1

2020.09

Thank you to Mr. Lester Levenson .



Lester Levenson
1909-1994

Thanks and dedication to Mr. Lester Levenson, the Founder of The Sedona Method

(19 July 1909 — 18 January 1994)

As long as you want help, I will never leave you.

Now the "real me" sees you as the "real you". When I'm not here, not with you in this physical body, it is the real me helping you.

Anytime you ask for the real me, you will find the real me right there. What happens is *you raise yourself up* so that you can get the answers yourself. You must get them.

——**Lester Levenson (1909-1994)**

The golden key is the **"Six Steps" Lester Levenson** summarized as follows:

1. You must want freedom more than you want the world.
2. Decide that you CAN do the method (Release) and be imperturbable.
3. See that all your feelings culminate in three wants, the want of approval, the want to control, and the want of security. See that immediately and immediately let go of the want of approval, the want to control and the want of security.
4. Make it constant. Release all your wanting approval, wanting to control and wanting security when alone or with people.
5. If you are stuck, let go of wanting to control the stuckness.
6. Each time you use the method, you are lighter and happier. If you do this continually, you will continually be lighter and happier. Go back to Step 1.

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2020-09-09 Wind joins the group, preliminary discussion on the "stuck" problem

2020-09-09 23:34:19 "Wind" is not a WeChat friend with others in the group. Please pay attention to privacy security.

Wind 2020-09-09 23:38:26 Don't you guys use question prompts? How do you deal with being stuck? From what I see, it seems you use the feeling energy release method from "The Abundance Book"? @I am Infinite? Group owner, how to solve the problem of getting stuck often during release?

Me 2020-09-11 07:08:37 @Wind? It's normal. If you can't release it once, release multiple times. You can go release other things first. Pay attention to and release the three basic wants.

Wind 2020-09-11 08:20:58 Okay, thanks. Another question: When you release, do you use question prompts for assistance? Or is it just about feeling the emotion?

Me 2020-09-11 08:22:05 Question prompts are used to let yourself experience the process of letting go of emotions and feeling energy. Once you've experienced this process and know how to release, you no longer need the question prompts. Before learning the release method, you unconsciously held on and unconsciously let go. Now, by using question prompts to observe, practice, and experience the process of release, you will regain your ability to let go.

Wind 2020-09-11 08:22:26 I also started with "The Abundance Book," but the release method inside felt too abstract, like imagining pipes and such. Is it about consciously pulling out the emotion and then consciously letting go?

Me 2020-09-11 08:24:51 @Wind? If you find it abstract, it's because you don't know how consciousness works. Just imagine the emotional feeling energy passing out through your chest and abdomen. This energy will pass out through your body because the essence of energy is also consciousness.

Wind 2020-09-11 08:25:06 But isn't this easy to fall into wanting control? In my personal experience, as long as I'm too conscious, I get stuck. Later, someone told me it's because I focus too much on body energy and should go perceive the emotion itself. But this is too subtle; with a little inattention, I'm suppressing it again. Do I need to categorize emotions into which of the nine emotions?

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Me 2020-09-11 08:26:40 Haven't even learned to release emotions yet, and you're worrying about falling into wanting control? This... Without even discussing whether you'll actually fall into it, first go release steadily, learn and master step by step. No need to categorize; it's not at that stage yet. Just know the emotional energy levels after learning to release. Know the emotional energy levels, no need to categorize.

Wind 2020-09-11 08:30:43 No, let me explain my situation. I've been using the release method on and off for five years. I found the feeling of release quite early on, using question prompts. But now I've hit a stagnant phase. As soon as I go deeper, I get stuck. Checking against the six steps, I've tried releasing the want to change, but I'm still stuck. Whether it's "The Abundance Book," Hale Dwoskin's Sedona Method, or what other students teach, I feel like nothing works smoothly. So I'm asking you all who operate more smoothly: how to solve this situation? Because after reading your articles, I feel your method or understanding is quite unique.

Me 2020-09-11 08:53:59 Getting stuck when going deep is normal. Prioritize releasing the three basic wants behind the emotions.

Wind 2020-09-11 08:54:39 Oh, okay. Actually, I've always had a question: I can't quite distinguish between releasing emotions and releasing wants. I generally just ask the question prompts, then discover the want, then continue releasing that emotion.

Me 2020-09-11 09:02:13 You need to pass "The Abundance Book" chapter by chapter.

Wind 2020-09-11 09:03:03 Oh, what does "pass" mean in terms of release level? I roughly flip forward when I feel I've got the gist.

Me 2020-09-11 09:03:59 Just being able to learn the method of release is enough.

Wind 2020-09-11 09:05:31 Okay, thanks. I'll try releasing the three wants and see.

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2020-09-14 Wind introduces the origin of the Original Release Method: the '92 release method video and the "The Way" audio

Mu 2020-09-11 13:59:42 According to the release method book, venting counts as release. But what if I have to get angry every day?

Wind 2020-09-11 14:00:08 Venting doesn't count as release, right? Suppression, avoidance, expression, release. Venting is expression, not release.

Purple Star (wxid_68grcxyxrftxh21) 2020-09-14 15:25:18 I really want to practice meditation, but I always find it boring, so it's hard to stick with it.

Wind 2020-09-14 15:29:50 Boredom is a kind of "apathy," also a feeling.

Purple Star (wxid_68grcxyxrftxh21) 2020-09-14 15:44:33 The method is the same, right? I seem to avoid the feeling of boredom a lot, so I haven't been releasing honestly.

Wind 2020-09-14 15:45:04 In my personal experience, don't think, don't analyze. Release directly. Thinking and analyzing just have the mind circling around, never reaching an answer. Just treat it as a kind of energy and release it. Feeling pretty comfortable releasing these past few days.

Purple Star (wxid_68grcxyxrftxh21) 2020-09-14 15:54:04 Do you use the method taught in "The Abundance Book" or the four question prompts?

Wind 2020-09-14 15:55:39 I found the '92 release method videos on YouTube. At that time, Mr. Lester Levenson was still alive. Although Hale Dwoskin and another woman were teaching, that institution was Lester Levenson's, teaching the original release method. It's this one. From the first video to the fourth, they use three question prompts. After repeatedly getting to the fifth video, they start releasing the want to control and the want for approval. At that point, they don't ask the last two questions anymore. Just ask "What is the feeling now?" — "Which basic want does it come from?" — "Could you?" Just identify the basic want, then ask "Could you?"

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Just identify the basic want, then ask "Could you?" Then Lester Levenson has "The Way" audio series. I also listened to some. He talks about continuously releasing the want to control and the want for approval initially. Then the "fear of dying" emerges. Release that cleanly, and you're free.

Me 2020-09-14 16:01:42 Note that question prompts are for letting yourself experience the release process initially. Later, you won't need to ask them anymore because you've mastered the direct method of release. Grasping and letting go are two actions repeated subconsciously all the time, countless times every day, but you never realized it. Through question prompts and explanations in books, it becomes very easy to experience what release is, and the release process will be mastered by you. After that, release is just a thought, just like truly loosening your clenched hand. After that, release is just a thought, just like truly loosening your clenched hand.

Wind 2020-09-14 16:01:54 Yeah. There's also an audio where Lester Levenson says just this: "simply allow it." It gets released continuously. I'm currently using simple question prompts for assistance, like the "could you" from the fifth video. Sometimes when releasing, as I try to observe it, it disappears, so I don't ask then.

Me 2020-09-14 16:03:27 The first question in the prompt, "Could you," was mistranslated. The original meaning is "do I have the ability." Do I have the ability to let go and let it leave? Am I willing to let go and let it leave? When will I let go and let it leave? Pay attention to experiencing the entire process of release through the question prompts. You'll discover the specific operation of letting go. After that, you can release with just a single thought, no need for prompts at all.

Wind 2020-09-14 16:05:45 The original text is "could you, could you let it go." I directly ask in English. The main thing is experience. Don't dwell too much on the meaning of the prompts. Getting stuck in thinking seems to block release.

Me 2020-09-14 16:07:21 "Could you" has a sense of forcing the willingness to let go. "Do I have the ability" just asks whether you have the ability to let go. That is, the first question only asks if you possess the ability to let go, whether you let go or not is another matter.

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Wind 2020-09-14 16:09:19 Yeah, I think the key is persistence. It's really easy to just stop.

Mu 2020-09-14 18:22:29 Don't you find asking too many times annoying? Do you guys find the specific operation annoying? It's okay if it's just a few simple sentences forever.

Wind 2020-09-14 18:23:23 The original question prompts aren't that annoying. It's just "could you." Focus on the feeling, then perceive what want it is, then "could you let it go."

Yitian 2020-09-15 06:05:41 *Buddhism is to observe yourself.* This observer who observes everything, how do you observe it? ... *You cannot observe it, cannot think about it, cannot study it, you can only "become" it.* You don't need to become it either, because you have always been it.

Me 2020-09-15 10:48:01 What is this mess? Anyway, it's written to seem profound, so people think profound things are esoteric, and then successfully confuses a large number of people.

Duo Luo 2020-09-15 11:18:07 The whole article talks about things that seem right but aren't, foggy and confusing even to itself. What's good about it?

Wind 2020-09-15 11:27:13 Things that promote mental analysis don't have much real meaning, actually. When you analyze, you're not releasing.

Me 2020-09-15 11:27:35 The first sentence is wrong. What does "Buddhism is to observe yourself" mean? The whole thing talks about an observation method. Regardless of whether this observation method is correct, why use Buddhism to prove this observation method?

Huixin - Kong Hui 2020-09-15 11:29:10 Who is asking? Who is asking? Very interesting.

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Me 2020-09-15 11:32:14 @Huixin - Kong Hui? The "Who am I?" inquiry method belongs to a system; it's not asked casually like this. For example, if you're releasing, and suddenly ask, "Who is releasing?" Is that necessary? Randomly mixing things up, pretending to be lofty, seems like discovering a remarkable trick. In fact, this is just elevating a questioning method above the true Self, as if constantly asking this can defeat everything.

Huixin - Kong Hui 2020-09-15 11:34:00 It can also work. For example, who is releasing? Who is defining?

Mu 2020-09-15 11:36:33 The answers given by the mind aren't real anyway.

Huixin - Kong Hui 2020-09-15 11:36:47 When you truly allow and accept everything, where is the need for release? Still need to release properly [smile].

Me 2020-09-15 11:37:11 The question is, have you allowed? Asking like that casually, have you accepted everything??

Huixin - Kong Hui 2020-09-15 11:38:05 Our body itself is a karmic body. Everyone reacts differently, which is normal. Just accept everything. Once you see, you can release directly.

Mu 2020-09-15 11:38:52 Seeing anger doesn't mean you can release the anger. I see that I am angry. The anger is still there. Instead, seeing easily brings out rationality. Rationality curbs anger. Seeing still requires releasing it. Otherwise, just saying "I see I'm angry" is not right. It might then stop the anger, but actually it's curbed. When a person knows they are angry, subconsciously they know this is not right, and they immediately calm down. This calmness is actually fake. This calmness often just delays the anger. I think the method requires an active release, not using the mind to supervise us into calming down.

Huixin - Kong Hui 2020-09-15 11:39:16 This is only for mature practitioners who can use inquiry. It's not necessarily suitable for everyone. Seeing is already releasing. When you see, allow, accept, it's already released.

Me 2020-09-15 11:39:48 The acceptance method appears again. Observation method, questioning method, acceptance method, anyway, various methods come readily. There's also the welcoming method, triple welcoming.

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Wind 2020-09-15 11:42:03 The feeling of release is very clear. Apart from release, nothing else counts as release.

Mu 2020-09-15 11:42:27 We are not stronger than our own mind, and often identify with the mind. So we need to concentrate our energy to release it, not slack off. The mind often makes us calm down when we discover anger. At that moment, you often can't perceive the anger, but the anger hasn't left at that time.

Huixin - Kong Hui 2020-09-15 11:43:01 You don't need to get rid of anger. You just need to allow anger. Allow anger to become a part of your life experience. It means treating yourself more leniently. Don't hate yourself so much, don't dislike yourself so much.

Me 2020-09-15 11:43:55 @Huixin - Kong Hui? The allowance method comes out again. Looks like you're quite comfortable living with a shit pit. Just allow, right? Allow, and the shit pit becomes a part of you.

Huixin - Kong Hui 2020-09-15 11:44:50 Allowing and accepting is currently the best release method. It's also very good for beginners. Finding what suits you best is best. [Heart] [Smile] When you really do it, you'll truly be at peace. When you are truly thoughtless, you'll truly be at peace.

Me 2020-09-15 11:45:30 Your problem is that you're attached to emotional desires and reluctant to let them go. So your mind gets a clever idea and figures out the acceptance method. How smart! You cleverly succeeded in avoiding release. Go ahead and do it. But because this group is a release group, not an acceptance group, different methods, and easy to confuse, I can only ask you to leave. Please understand.

Huixin - Kong Hui 2020-09-15 11:48:39 Do release and acceptance together, why else learn so much? I also released for a long time before, and later used inquiry. This is just my personal experience.

Me 2020-09-15 11:50:15 Such a good thing, you go do it together yourself. We're too stupid, can't do it. So bye-bye! Wish you success.

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Huixin - Kong Hui 2020-09-15 11:51:50 @I am Infinite? Thank you for introducing me to the release method [Heart]. Without you, I wouldn't know the release method [Smile].

Me 2020-09-15 11:52:28 Don't thank me. I feel I did a terrible job. The people I brought out don't release; they all accept and question. Can't even see the difference between the two. Utter failure [Chuckle].

Huixin - Kong Hui 2020-09-15 11:52:57 That's just different experiences for everyone.

Me 2020-09-15 11:53:14 Only you are smart. The mind is fooling you without you knowing. Mixing methods cannot promote practice; it's just fooling yourself, a way for the mind to avoid release.

Huixin - Kong Hui 2020-09-15 11:56:22 All methods suitable for different periods have the same purpose. No path is wasted. Every step counts. [Heart] They are all experiences, all experiences. Very precious.

Me 2020-09-15 11:58:41 Very precious, constantly advancing and retreating. Anyway, after all the fuss, still standing still, but thinking you've traveled thousands of miles.

Huixin - Kong Hui 2020-09-15 11:59:24 Mm, whatever is fine, whatever doesn't matter.

Me 2020-09-15 12:00:34 Okay, another "whatever is fine" method comes out! You are the Dharma King!

Huixin - Kong Hui 2020-09-15 12:02:14 You are your own king.

Me 2020-09-15 12:04:28 I am not. I temporarily cannot be autonomous because I've already fooled myself.

Huixin - Kong Hui 2020-09-15 12:05:31 Then straighten yourself up. [Smile] [Heart] Be your own king.

Me 2020-09-15 12:06:57 Before reaching complete enlightenment, how can I be my own king?

Huixin - Kong Hui 2020-09-15 12:07:58 You are originally enlightened; you just don't know it.

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You are originally awakened; where else do you need to find an awakening?

Me 2020-09-15 12:08:01 Before truly reaching the end, don't trust any method casually thought up by the mind, no matter how reasonable it seems. The release method was put out by Lester Levenson after he had reached the end. Since you are already awake, mixing so many methods is a joke. Why practice if you're already awake?

Huixin - Kong Hui 2020-09-15 12:11:35 Can the world composed of our five senses plus thoughts be considered real? At most, they can only be considered information. If you think this world is truly real, that's also just predetermined.

Me 2020-09-15 12:14:14 The result of mixing methods is understanding none, yet thinking you've mastered all.

Huixin - Kong Hui 2020-09-15 12:14:30 I'm just saying what I know. That's just my own experience.

Me 2020-09-15 12:15:47 If one's own experience deviates from what's in the books, then please correct your experience. Don't start taking experiences on the path as real and start going in circles.

2020-09-16 The drawbacks of what Larry Crane (Lawrence Crane) and Hale Dwoskin teach are realized: unable to release continuously

AA Shenzhen-Huizhou 置业顾问 Chen 2020-09-15 13:19:19 I respect your views on SM, you seem very sincere. I've been working with it for over 5 years now, during which time I used Cranes for about 10 months, then Dwoskins for a year, and finally I used Seretan's

program for two years before returning to Crane until about 2 months ago. (Crane and Seretan wrongly claim to teach the original method exactly as Lester Levenson taught it.) For the past 5 years, I've made steady progress with this method, but very slowly. I kept wondering how Lester Levenson became free in 3 months. Recently, I got very frustrated and bought two Lester Levenson CDs, one from an album of his from the early 1980s; and one an interview about how he became free while in his NYC apartment. I listened to these for hours, and one major theme from Lester Levenson was the simplicity and speed of his program... he said "at most a few months to become free". I committed to doing it as he taught, as he was when he became free in his NYC loft. So I did two months of work, I did not release successfully (using Crane's methods) I did Lester Levenson's instructions and I released in minutes. I could have done this in 6-9 months if I knew, instead of wasting my time on Crane, Dwoskin, and Seretan's way of teaching it. I see a lot of complaints about how the method is stuck and sputters. I realized they are teaching it wrong, essentially they changed the way it was taught. It's a shame and it's done to get as much money as possible. How many people would be cured if they just used the right way. IMHO Lester Levenson never went into these multiple release methods - it's confusing.

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An Ou Elekson 2020-09-15 20:32:55 When I go to release, there's always a voice resisting me to release, wanting me to fail at releasing, wanting me to be distracted during release. Is this resistance? Fellow group members, what should I do? Do any of you have similar experiences? Maybe it's because I want to release successfully, and then there's a force of opposition.

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Me 2020-09-15 21:03:38 Release the want to control. Isn't this normal? Probably everyone has experienced it. Anyway, I have. Not wanting to release, or can't concentrate, or stuck...

Zi 2020-09-16 12:59:58 @I am Infinite? Where can his prophecy be seen? Did Lester Levenson mention advocating not having children?

Wind 2020-09-16 13:00:59 Yes. He suggested to his students not to have children and to be vegetarian. These two things.

Me 2020-09-16 13:01:11 "You know, when I was out, my body died several times, and I had to bring it back to life." I realized that was why he would stop his body in desolate places to continue his astral travels. If someone found him, they would have declared him dead. Imagine the reaction of the funeral people when they saw him suddenly pop back "home" to change clothes! He told me he retained some identification with the body so he could come back. A master knows he is not the body; the body left here is just a medium of communication, so he can communicate with others. They don't have the programs and desires for body safety because they have no fear of death. Lester Levenson told me that when you have absolutely no fear, you'll find life extremely comfortable. This is the most important part of his method: release the fear of death, and all your unhappiness will also leave, because insecurity is its primary cause.

How did he solve the aforementioned space travel problem? Because none of us here can do it. He dropped the physical body and traveled out in the causal body through thought. He said you have to exceed the speed of light, which scientists know is impossible. When you wish to go, you must be able to use a tool that can move instantaneously, like the astral or causal body. Just imagine you're there, and you arrive. Lester Levenson told me he went to Mars and landed in a patch of plants shaped like elephant ears. When we land there now, we see a barren surface, as if there once was life, when Mars was a material planet like Earth. Now it's an astral planet, and what we see are relics of the past.

Yue Yatou 2020-09-16 13:02:18 Vegetarianism benefits physical and mental health. The energy purity of plants is higher than that of animals.

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Plants give you love.

Zi 2020-09-16 13:03:01 I'm also vegetarian.

Me 2020-09-16 13:03:50 Regarding vegetarianism, Lester Levenson said it's to protect animals, not about animal meat being inherently bad. Although he also said that plant nutrition is indeed better. Regarding marriage, Lester Levenson didn't mean not to marry, just to release first, as it's the most urgent thing. Marriage brings too many things that are not conducive to release. Out of love, don't eat meat. Not because plants are better, so eat plants.

Wind 2020-09-16 13:04:40 It's mentioned in "The Ultimate Freedom." But I usually still eat meat. Not too concerned about this now, just continuously release. "The Book of Me and Lester Levenson" was also written by his student. This is the only book that reveals a lot of the supernatural side. Other books talk very little about it.

Duo Luo 2020-09-16 15:27:03 Probably translated in 2013? Lester Levenson died in 1992.

Wind 2020-09-16 15:27:23 Died in '95, right?

Duo Luo 2020-09-16 15:28:12 @Wind? You calculate (1909 + 84) and that's the year he died.

Wind 2020-09-16 15:28:44 Oh, I saw somewhere else he died in '95. But it's not important.

Duo Luo 2020-09-16 15:29:03 So he died in either '92 or '93, definitely not '95, because everyone knows he only lived 84 years. @Wind? Oh dear, if you said it wasn't important, I wouldn't have corrected you. See, I fell into ego attachment again.

Leaping Flame 2020-09-16 16:43:48 Humans are the highest life form in the universe. Many masters have said this. The only place in the world that can produce masters is Earth. Suddenly feeling very lucky to be human, even though sometimes it feels really tough.

Wind 2020-09-16 16:47:11 Lester Levenson said that Earth is a high-level classroom. Because it's very dense, dense enough to have the momentum for liberation.

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"There are different grades of schoolrooms for different planets. This one is a postgraduate course. It is of the most difficult, and therefore affords the greatest growth. All of us who are here are advanced souls- advanced in that we have chosen an extremely difficult place of abode. We wanted a higher course, a tougher one, and we've got it!" This is from the autobiography. The reason Earth is special is precisely because of its extreme difficulty. "As Jesus said, 'In my Father's house are many mansions.' After people drop the body they go into a world similar to this where they meet old friends. The main difference is that everything there is immediate. Whatever you think comes into being right away. So much easier a life than this." "It's heavenly, compared to this. But because of its being so easy, there's little incentive to grow. Here, the opportunity for growth is the greatest."

Wind 2020-09-17 09:37:45 I don't have any special insights. Just continuous release. Whenever not releasing, it's the mind weaving stories. After noticing, just release again. Don't study metaphysical concepts. Describing what freedom is ten thousand times with different words is not as good as tasting a bit of freedom. Release lets you experience directly. If you can experience directly, don't bring it down to the level of thinking and guessing. That's how I see it. So, just keep releasing, don't stop. That's all.

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Fan Xing 2020-09-17 09:45:00 I'd like to know, when you all have nothing particular going on, no special emotional feelings, what do you release? Thoughts? How to achieve continuous release?

Wind 2020-09-17 09:45:19 That is a feeling.

Fan Xing 2020-09-17 09:45:59 Anytime can release then? For example, what to release now? No emotional fluctuations.

Wind 2020-09-17 09:46:09 Look at this release method chart. Dull emotions are also emotions. Boredom is also emotion. "Blank" feeling is also emotion. See, there is the want to control and want for approval.

Fan Xing 2020-09-17 09:47:19 Then I need to constantly observe, feel my current feeling, and then release, right?

Wind 2020-09-17 09:47:26 Willing to feel it, you can feel it. For example, if you don't release, you might involuntarily scroll through videos or read books. This is driven by subconscious emotions. Unable to stand the current feeling of boredom. If you use release instead of avoidance, you release the current feeling of boredom. After releasing, you'll be less bored, making it easier to continue sitting here releasing the next emotion that surfaces. The constantly arising relaxation and clarity will propel you forward. This is my personal experience.

Neamo 2020-09-17 09:49:56 I assigned work to a subordinate. I feel he is somewhat resistant. I think the content I assigned is something someone in this position must do; he shouldn't resist. Even if he finds it a bit difficult, he should try hard to overcome it. I feel a bit angry and resentful because of this. What should I release?

Wind 2020-09-17 09:50:11 Didn't you just describe it? Anger, resentment. Don't think about it, release directly.

Neamo 2020-09-17 09:51:02 What about releasing like this: "I allow my subordinate to resist"? Does that count as release?

Wind 2020-09-17 09:51:19 The group owner has repeatedly emphasized that the allowance method is not the release method. Release is a clear experience; the emotional energy passes through your body and is let go. It targets only the emotion and the basic wants behind it.

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Neamo 2020-09-17 09:52:14 What I want to ask is, does "subordinate's resistance" count as an emotion? In the Sedona Release Method, isn't there a question like, "Can I allow...?"?

Wind 2020-09-17 09:52:34 Your subordinate's resistance is not; your resistance is. Acceptance is a result. It's not the method. After you release, you might accept all of your subordinate's actions. But it doesn't mean you start by saying this at the beginning.

Neamo 2020-09-17 09:53:49 I can't quite distinguish between release and acceptance. I understand vaguely but not really.

Wind 2020-09-17 09:54:01 Have you experienced the feeling of release? It's easier to explain if you have; harder if you haven't.

Neamo 2020-09-17 09:54:31 I use the Sedona Release Method. When I encounter an emotion, I just recite those three sentences.

Wind 2020-09-17 09:54:55 Mm, have you clearly experienced the feeling of an emotion being released?

Neamo 2020-09-17 09:55:37 The method in "The Abundance Book" about imagining a pipe – I could never do it. I imagine a pipe, but the pipe does nothing. When I use the method from "The Abundance Book" to release, my emotions seem to just disappear.

Wind 2020-09-17 09:55:59 The pipe didn't work much for me either. Everyone has a suitable entry point. But once you've experienced release once, you know what release is.

Neamo 2020-09-17 09:56:31 When I use the Sedona Method, I can't say it's very clear. I seem to feel gradually calmer.

Wind 2020-09-17 09:57:00 Do you mean you still can't accurately distinguish between release and suppression/avoidance?

Neamo 2020-09-17 09:57:38 My current thought is that the Sedona Release Method is an experiential method. I don't dwell on whether it's good or what use it has. I just follow the method, asking myself questions, answering over and over.

Wind 2020-09-17 09:58:04 Mm, that works too. But once you experience what release is, you can continue releasing.

Neamo 2020-09-17 09:58:31 I can basically distinguish between suppression/avoidance and release. I generally don't avoid. I think so. After reciting a few times, I don't feel a mass of energy dissipating; I just feel calmer. But there's no obvious boundary between upset and calm. So I don't know if it worked. My understanding of

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the effect of the release method in "The Abundance Book" is similar to when you're angry and feel a blockage in your heart, and after releasing, the blockage immediately disappears. I couldn't experience that feeling with "The Abundance Book," so I wasn't willing to use it anymore.

Wind 2020-09-17 10:03:23 Don't imagine what it's like. Learn through experience. From what you describe, I tend to think you might not have experienced the feeling of release. Because in my personal experience, the feeling of release is very clear and obvious. Emotional energy passes through the body and leaves, immediately experiencing a kind of lightness, a more pleasant feeling. That way, you won't confuse it with things like acceptance. The word "release" corresponds to a very definite experience in your life.

Fan Xing 2020-09-17 10:07:08 @Wind? Please give more guidance. I also feel my release effect isn't very clear or obvious. I always feel it fades away on its own over time.

Wind 2020-09-17 10:07:48 This requires practice. Others' descriptions can't directly bring you the experience. For example, you ask: What is the feeling now? You might see your "boredom." Then, you feel it directly for a while, and the feeling becomes clearer. Then you use the question: Can I simply let go and let it leave? The first instinct: if you can, say yes; if you can't, say no. No need to think about this proposition intellectually. Just do this, honestly look at your feeling. You'll know if it's been released. Because if it hasn't been released, when you look at it, it's still there. If released, it's gone, and a deeper feeling will emerge.

Neamo 2020-09-17 10:12:31 When you release, do you imagine a mass of emotional energy inside you, and then transport it out through some imagined visible pipe or something?

Wind 2020-09-17 10:12:41 I don't do that. Doing that has limited effect for me.

Neamo 2020-09-17 10:12:50 As soon as I imagine it, it seems to disappear completely. So what is your method?

Wind 2020-09-17 10:13:03 I started releasing six years ago and tried many methods. Later, using the original release method, I gained some experience. Just feel the emotion, then ask if you can let go. Emotion itself is a stream of energy; you can experience it clearly. No need to imagine anything else. Practically, there are only two outcomes. One is you release it.

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One is you don't release it, suppressing it back down. No need to use words like acceptance, xxx, xx to whitewash the fact that it wasn't released. If not released, face it again and continue releasing.

2020-09-17 Larry Crane (Lawrence Crane) and Hale Dwoskin's additions and modifications to the Original Release Method, possible reasons Lester Levenson didn't correct his body's cancer, Wind introduces the gist of the Original Release Method and obtaining material things through release

Me 2020-09-17 10:58:52 Right, on the path of release, there will be insights. For example, as long as you can release one emotion, it proves that all emotions are false. This is an insight, directly realizing emptiness. Just like discovering one drop of seawater is false, naturally the entire ocean doesn't exist. So you can see the release method isn't that simple. If you dig deep into it, you can dig all the way down. From this, you can see why insights on the path shouldn't be taken as real. What kind of insights are you having? [Chuckle] The examples I gave above are the real big insights, which only help release further, not like some crooked insights that only hinder and delay the purpose of release. For example, some fellow practitioners realize that just watching the emotion is enough, no need to actively release. Some turn the release method into an acceptance method, or an observation method, or a presence method. Anyway, it's okay to play with these, but don't call them the release method. That's just the mind's self-righteousness and avoidance. Saying this isn't to criticize anyone, satirize anyone, hinder anyone, or look down on anyone. It's just because release is not for others; it's truly for one's own freedom. For one's own freedom, being strict, cautious, humble, and steady is the right way. Because as release deepens, you'll increasingly find that the details in daily life, those usual habitual life patterns, are the deepest subconscious. At this time, you must be even more cautious, strictly execute the release method, not cut any corners, to truly release them.

Wind 2020-09-17 11:43:07 The group owner speaks very well [Strong]. Don't take any "insight" seriously. As soon as you have an insight, you take a detour. If you find you have emotions about this "insight," just continue releasing the emotions and basic wants. Only at the destination can you see the whole view. The release method can reach the destination. There's absolutely no need to change the method midway; that's the ego's trickery. The purpose is to make you stop releasing. As soon as you stop releasing, you head towards the world's limitations.

Me 2020-09-17 12:23:56 Right [Strong]. @Wind? Have you started releasing the three basic wants?

Wind 2020-09-17 12:29:23 Yeah, mainly releasing the three basic wants now. Currently still mainly the first two.

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Want to control and want for approval.

Purple Star 2020-09-17 13:20:41 Continuously release in joy – Lester Levenson. The more joyful, the closer to our essence. Joy is peace. Joy fills you with energy. And in apathy, doing anything is very difficult; the energy of joy is highest... I didn't quite understand the meaning of this article. After releasing, feeling better, already joyful, how to continue releasing? But understanding or not doesn't matter [smirk]. Anyway, most of the time I'm not joyful.

Wind 2020-09-17 13:22:39 Joy is also a feeling. Look (at the emotional chart diagram). On the acceptance side, Lester Levenson used a word called "better." What's better after releasing comfortably? Is there something better later? So in one audio, he said, don't release to get high, but get high to release.

Purple Star 2020-09-17 13:24:56 Is it that you must definitely aim for enlightenment?

Wind 2020-09-17 13:25:17 You don't know what enlightenment means now either. Lester Levenson's point is, don't stop just because you got benefits from releasing, because there is no so-called standing still. "There is no standing still. If one is not going forward, he is going backward. If he is going in the direction of the world, he is in the opposite direction of freedom from limitation, as the world is of limitation." As long as you stop releasing, you are suppressing your emotions, you are regressing. You release, then feel joy. At this moment, the want to control activates, and you stop releasing. This is regressing. You should continue releasing, go higher and deeper, not wait until you regress back to the previous state and do it over again.

Purple Star 2020-09-17 13:28:05 Oh, although still not very clear, anyway joy can't last forever, it will definitely regress, so just continue releasing.

Zi Jing 2020-09-17 13:29:23 @Wind? Will you regress back to the previous state? Or will you at least be somewhat better than before?

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Wind 2020-09-17 13:30:20 Might be a bit better. At least you have the experience of releasing. But in my personal experience, I've been releasing for six years, on and off, often relapsing. This is because I didn't make a decision. Anyway, I don't want to take detours again. In between, I read a lot of metaphysical theory, essentially using these things to avoid releasing. Studying how to "describe" the ultimate state is actually meaningless. According to Lester Levenson, all the knowledge needed for the release method is in the six steps. You only need a simple, direct path and then go down it without looking back. So, anything that encourages you to continue releasing, you can look at. Anything that makes you stop releasing, you should be wary of. Once I stop releasing, I know I'm wrong, at least not on the path. Anything that makes you stop progressing, no matter how sacredly packaged, is

useless. That's roughly my view. Just practice simply and directly. The truth will reveal itself to you; no need to embellish it with words on this shore. As long as you haven't experienced it, no matter how many ways you describe it, it's not yours. Lester Levenson's "The Way" audio series repeatedly talks about these perfect six steps.

Huang Jing 2020-09-17 17:14:17 Sorry, I just started learning the release method. May I ask, what exactly are the specific free six steps?

Qian 2020-09-17 17:19:43

1. Allow your desire for serenity or freedom to exceed your desire for approval, control, safety/security, and separation.
2. Acknowledge that you can achieve freedom, reach a state of serenity, or realize goals through release.
3. Allow yourself to examine all your feelings, categorize them into the four wants: want for approval, want to control, want for safety/security, and want for separation, and then allow yourself to let them go.
4. Make release a regular practice, continuously releasing the four basic wants, whether in front of others or in private.
5. If you truly get stuck, release the desire to control or change the stuck situation.
6. Each time you release, you become happier, lighter, and more effective. If you continue releasing, you become increasingly happier, lighter, and more effective.

ICHI 2020-09-17 17:38:22 Why are four wants mentioned here?

Me 2020-09-17 17:48:48 The Abundance Book Version of the Six Steps

1. You want to enter inner peace, letting this "want" far exceed your desire for approval, control, and security.
2. Firmly believe you can enter inner peace by applying the release method.
3. Categorize all your feelings into these three wants: want for approval, want to control, and want for security. Discover and release anytime.
4. Make release a habit.
5. Even if you encounter a bottleneck, release the desire to control the bottleneck.
6. Each time you release, you feel lighter and happier. If you continue releasing, you will continue feeling lighter and happier.

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Wind 2020-09-17 17:49:32 Want for separation was added later by Hale Dwoskin. Looking at the original release method videos and all of Lester Levenson's audio, they all talk about three wants. Lester Levenson said in "The Way": Only one thing, you release it, and it's finished. That is the fear of dying. But you need to release enough of the want to control and want for approval to let the deep fear of dying surface.

Me 2020-09-17 17:58:49 Every time you release the want to control or want for approval, especially the want for security, the fear behind it surfaces. Because these three basic wants are set up to escape fear. That is, the three basic wants are defensive measures against fear. Release the three basic wants, and the fear behind them has nowhere to hide and will be directly exposed. Fear energy is released just like emotional energy, no different.

Wind 2020-09-17 17:59:25 Yeah, they're all survival programs. Lester Levenson said that too.

Me 2020-09-17 18:00:41 What did Lester Levenson say? I haven't watched, all in English [Covering face].

Wind 2020-09-17 18:00:41 Fear of dying is just a feeling. Roughly meaning, let people release enough of the want to control and want for approval, and underneath it is the fear of death. This fear is just a feeling, like any other feeling. But your tendency to avoid it is very strong, with huge inertia. So you need to work to let it out and let it leave. When it comes out, you find you don't die, you're still alive. So you can continue watching it again and again until it's released cleanly. That's why Lester Levenson says in "Keeping It Simple," he even only mentions releasing the want for approval and want to control.

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Because you release enough, the want to survive underneath is automatically perceived. Because the reason or driving force behind wanting approval and control is the want to survive (fear of death). Lester Levenson basically never mentioned want for separation.

Me 2020-09-17 18:09:13 You're quite familiar with these recordings of Lester Levenson.

Wind 2020-09-17 18:09:36 Yeah, anything I could find, I've listened to no less than twenty times.

AA Shenzhen-Huizhou置业顾问 Chen?? (wxid_y35e3zj36bhv22) 2020-09-17 18:09:34
@Wind? Translate the text and organize it.

Wind 2020-09-17 18:09:55 Okay, I can do it when I have time.

Me 2020-09-17 18:09:59 [Covering face] Then why not translate more and share?

AA Shenzhen-Huizhou置业顾问 Chen?? (wxid_y35e3zj36bhv22) 2020-09-17 18:10:20
Yeah, right, translate.

Wind 2020-09-17 18:10:19 Lester Levenson gave several suggestions in "The Way." He said achieving any one of them can make you free. One is "get everything and anything by releasing only." That is, get everything merely through release. He further explained that this means you will continuously release because you always want something. Another is "release the fear of dying directly." "The Way" should be an advanced course, meant for graduates of the release method course. These people all released quite well. When I was studying abroad, I listened to a few particularly favorite audios that solved many of my confusions, so I listened often, and remember some sentences very well. For example, "The Way" series. Because early audios talked little about release, I stopped listening after a few times. But later audios focused on the release method. Then I watched the '92 release method course. The way they taught the release method back then was different from how various students teach it now. It's more in line with the path Lester Levenson talked about in

his audios: first find the feeling of release, then release the want to control and want for approval, and then when you can see the want to survive (fear of death), release it.

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Me 2020-09-17 18:17:53 Taught by Lester Levenson himself?

Wind 2020-09-17 18:19:11 No, it was Hale Dwoskin and another woman. But Lester Levenson was still alive then. Hale Dwoskin was a workshop leader, a release method teacher appointed by Lester Levenson.

Me 2020-09-17 18:20:06 While Lester Levenson was alive, they didn't dare mess up. Once he left, they messed around!

Wind 2020-09-17 18:20:09 Hale Dwoskin later set up his own organization and added many things to the release method, making it very complicated. Actually, the initial teaching was very simple.

Me 2020-09-17 18:20:53 Yes, the release method itself is very, very simple. I strictly followed "The Abundance Book" to learn.

Wind 2020-09-17 18:22:55 "The Abundance Book" also has a workbook. I looked at this book; its process is basically consistent with Lester Levenson's, but it adds its own things. Later, I summarized the teaching methods of several books. Larry Crane (Lawrence Crane)'s process is more consistent with Lester Levenson's abundance course, but the specific release method is not. Hale Dwoskin's book uses question prompts for the release method, which is more consistent, but his process is not. Both made the method complicated. The pipe method was invented by Larry Crane (Lawrence Crane). How was the original release method taught?

Wind 2020-09-17 18:29:45 Maybe you're more suited to this kind of imagination. For me, no matter how I imagine, it doesn't work.

Me 2020-09-17 18:30:00 So how did Lester Levenson teach?

Wind 2020-09-17 18:30:00 Later I watched the '92 release method video. At that time, they directly took out a chart. This emotional chart. Then they had people think of an issue, note the current emotion. Find your emotion in the chart, which of the nine types it belongs to. Then feel it a little. Next were the three question prompts: could you, would you, when.

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This was the method to start finding the feeling. By the fifth video, they started teaching "more profound release," i.e., releasing the want to control and want for approval. At that point, they abandoned the last two questions. First, still note what the current feeling is. Then note whether this feeling comes from want to control or want for approval. If it's want to control, ask: Can you allow yourself to be more aware of this want to control? Then ask: Can you let it go? Then, look again, is there any remaining want to control? Then "be more aware

of it," then "could you let go of it." He explained that this method of releasing wants omits the later questions because as long as you can identify what the want is, it will surface. You will naturally have a tendency to let go directly. Unlike releasing emotions, you don't need to ask "would you" and "when." The next few questions simply repeat this process. Generally speaking, initially when releasing, you encounter the want to survive. You need to release enough want for approval and want to control. The want to survive (fear of death) hidden underneath them will only then show itself. Only when you perceive it can you release it. So the method I use now is this. But I'm still at the stage of releasing want for approval and want to control. Haven't really seen the fear of death underneath yet. To summarize, all feelings (emotions) are the three wants. Release them one by one. Lester Levenson said in "The Way": You must want freedom more than you want the material world. He further explained that ordinary people cannot understand what "material world" means, so he changed it to "you must want freedom more than you want control and approval." Then, you need to make a decision. This is him explaining the first two steps of the six steps. Without this decision, you will definitely regress. You decide to reach a certain place, and you will reach that place. For example, if you decide to achieve a goal, you will stop when the goal is achieved. If you take freedom as the goal, you won't stop until you achieve freedom. Roughly that's it. I might be rambling a bit. Actually, it's just pay attention to what the emotion is, then identify the want behind it. I strongly recommend listening to Lester Levenson's "The Way," "The Right Path" audios. They help a lot. Very encouraging. Thank you for sharing.

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Me 2020-09-17 18:44:08 Comparing like this, I find the pipe method is very good, very helpful for people to truly experience the specific process of release. And this process is actually just like pipe insertion: emotional feeling energy directly leaves. And it's actively letting the emotional energy leave, highlighting the initiative even more.

Wind 2020-09-17 18:48:44 Maybe it varies per person. Some are visual types, some are auditory. I've met some people learning the release method. Some are very sensitive to the pipe method, not so much to question prompts. Some are sensitive to question prompts, not so much to the pipe method. But, once you can release, either is fine.

Me 2020-09-17 18:50:51 The release process I experienced through question prompts is actually the same as pipe insertion. Pipe insertion is just more vivid.

Wind 2020-09-17 18:51:22 What let me experience release for the first time was the phrase "release pressure" in "The Abundance Book." How did I experience it then? It was feeling the emotion in the chest and abdomen, then sensing it naturally wanted to leave. As long as I didn't hold it down, it would go out by itself. Then using the question prompt method felt very good. So I was helped by both books; both were somewhat useful. Many beginners find it hard to get the feeling. A friend of mine has been releasing for several years and still hasn't found the feeling of release. Tried both question prompts and pipe, but just can't find it. So this thing is hard to explain. I don't know how to clearly explain finding the feeling to others.

Me 2020-09-17 18:59:30 The key point to note with the pipe method is that the feeling is completely under your conscious control, because feeling is inherently a level of consciousness. As long as you imagine the feeling energy draining out, it will drain out. This

can be directly verified. If you don't believe this, or strongly resist it, you'll find the pipe method useless and ineffective. With question prompts, as you keep asking yourself, you decide to let the feeling leave. It is also this consciousness of leaving that directly causes the feeling to leave the body. The principle is the same. There's another particularly confusing point: you might find that just watching the feeling, doing nothing, some of it will automatically release. This passive release is completely different from the active release of the release method.

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Wind 2020-09-17 19:05:06 Yeah, it's about deciding. I think "The Abundance Book" has one advantage: it emphasizes the "feeling center." I found that some people who started with Hale Dwoskin's book don't know what the feeling of release is. Some mistake suppression, like "becoming a bit lighter," for release. "There are many aids to doing it. In the little booklet, The Eternal Verities, there are ways and aids like: 'Get to the place where no one and no thing can disturb you.' When someone disturbs you and you don't know why, the thought is subconscious. Bring up the thought. By constant trying you will develop the habit of actually getting it up; you'll see that there's a limiting thought, an ego or selfish motivation behind it and you'll drop it." "Q: Is just seeing the subconscious thought or motivation enough?" "Lester Levenson: Just looking at it is not enough. You must consciously drop the thought or consciously will out the tendency or motivation. I'm assuming you'll want to let go of these thoughts because they're all limiting and negative." This is a passage from "The Ultimate Freedom," where Lester Levenson says the same as the group owner: just seeing is not enough. You need to "consciously" release.

Me 2020-09-17 19:10:07 I once thought that later when answering questions in the group, I wouldn't use my own words anymore, just quote Lester Levenson. But I haven't read enough books. I find you can.

Wind 2020-09-17 19:20:15 Used to love studying theory too much, leading to relapsing after releasing for several years. Now I don't read anything anymore, just review the six steps. Occasionally listen to a few audios. Release is a very simple thing; any problems can be solved within the six steps. Everyone encourages each other, exchanges experiences, and doesn't stop releasing.

Group Member 2020-09-17 20:36:46 Expecting the Chinese-English bilingual version of "Beautiful Life: How to Play the Game of Life Well" is a practice-oriented version of the release method.

Me 2020-09-17 20:38:34 Just from the title of this book, it's not on the same path as Lester Levenson.

Wind 2020-09-17 20:39:47 "To play with this world, to try to make it a good world, as is generally done in metaphysical teachings, is fruitless as far as Realization is concerned." The Ultimate Freedom indeed is not on the same path.

Me 2020-09-17 20:42:48 @Joy The book "Beautiful Life" might be well-written, but don't associate it with the release method. It doesn't mean people learning the release method

can't read other books. They can. Just don't confuse them with the release method after reading.

Wind 2020-09-17 21:01:14 I've studied Original Buddhism, Consciousness-Only, Zen, Taoism... many theories. I don't talk about them now. Mixing methods is meaningless. Methods like Maharshi's, Sunlun's, Goenka's are all very good. But the release method is the simplest and most direct, and the enlightened one's method is often very complete. It doesn't need supplementation from "other mountains" like worldly academia.

Me 2020-09-17 21:06:38 @Wind Yes, the release method is a complete method. Focus on it alone, and one penetration leads to all penetrations. The real goal of the release method is to obtain true freedom. If the goal is just to live better in the world, then many wants cannot be truly released.

Wind 2020-09-17 21:13:41 He probably hasn't experienced the feeling of release. Because I saw he said "expel from the soles of the feet." Does release have this situation?

Me 2020-09-17 21:14:24 Maybe it's a self-modified method.

Mu (jerry_write) 2020-09-17 21:19:25 @Wind? Can you summarize in text what you talked about today?

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Wind 2020-09-17 21:20:02 Basically just repeating what Lester Levenson said in his audios. I'll translate "The Way" series later and make a text. Best to listen directly to this; Lester Levenson explains very clearly.

Me 2020-09-17 21:23:29 Wind, you seem to have seen a lot of English. Have you seen any information about Lester Levenson dying of cancer? I heard this information a few years ago from a fellow practitioner who guided me before, but I deeply doubt it.

Wind 2020-09-17 21:24:20 I haven't seen it. I don't pay attention to this either. Because the Buddha died from poisonous mushrooms and suffered from back pain for years. "The Ultimate Freedom" also mentions this point: "a higher state to have a sick body and not identify with it. And that's why certain Masters do that. They will go through life with a weak or sick body, all the time maintaining their peace and equanimity. And they welcome it because it is an opportunity to be constantly reminded that they are not the body." "The discipline of having an imperfect body and not allowing it to bother you is a very high spiritual discipline. Many fully realized masters go through life with a sick body, setting an example of non- emphasis on the body, because the body is a cage of limitation. We are not in the body but the body is in us. Our greatest limitation is, 'I am this body.' Not only is the body a limitation but also associated with it are hundreds of other limitations. So, although at first I corrected body imperfections instantly, I now prefer not to correct the body, but to have it touch me not, not even in the slightest, regardless of what is happening to it. This is something I started three or four years ago." This is what Lester Levenson said in "The Ultimate Freedom." So even if he had cancer, it proves nothing. He already tended not to correct the body, but to say "I am not this body."

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Me 2020-09-17 21:28:39 Actually, this issue needs clarification. If it really was cancer, it should be discussed. Because beginners hearing this news would have their faith in the release method severely shaken.

Wind 2020-09-17 21:29:15 Then look at that chapter in "The Ultimate Freedom." That chapter says there are three stages. The first stage is "I can't." Then change your "I can't" into "I can." Finally, once you can, then you don't have to choose the perfect body. I haven't seen this news either. I only heard Lester Levenson say in one audio, "Some people say I took some vitamins, so what? The key question is, do I have to?" A master choosing to live with a sick body is itself maintaining a highly spiritual discipline. The perfect body is only the second stage. The highest stage is choosing not to be this body. Lester Levenson said it very clearly: "If you can't, then do it." "If you can, then keep it sick, don't identify with it." This is a matter of level. You can't keep "I can't" in your mind. That's why for "I can't," you need to change it. Change your "I can't" into "I can." Release all "impossibilities." But when you can do it, you are free to choose. Then you can choose not to correct the body.

Me 2020-09-17 21:40:27 The body just becomes a tool.

Wind 2020-09-17 21:41:33 Didn't Lester Levenson say in the video: "if you really like the body that much, you stay eighteen all your life." If you really like your body that much, you stay eighteen all your life.

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Followed by another sentence, maybe 16, I don't know. Then his female student chimed in, 25. Initially, wanting material abundance might also be helpful. The early abundance courses were also set up like this. They focused more on "goals" and "gain." From my perspective, this should correspond to step one and step six of the six steps. Probably about accumulating momentum for release. Not everyone knows what freedom is initially. We pursue happiness in various fields. That is, if you particularly want to achieve a goal, you won't stop before the goal is achieved. Lester Levenson emphasizes, "you have to be the winner." This is also from an audio. You must become the winner. Otherwise, that feeling of frustration will be suppressed and accompany you throughout your life. He emphasizes, releasing on goals, you must release until the material thing falls right in front of you. Not stop when it's almost there. Most people fail to obtain material things because they stop when they "feel pretty good." At the same time, they indulge in this more comfortable feeling, refusing to see the more negative emotions suppressed beneath.

Me 2020-09-17 22:15:30 The few times I quite definitely manifested material things were not through release, but through not releasing, directly surrendering, and it happened. I have no experience with thorough release.

Wind 2020-09-17 22:15:59 I also rarely have thorough release. But later I discovered I was avoiding this. Because I also used to think "wanting the goal too much hinders its manifestation." But this conflicts with what Lester Levenson repeatedly emphasized. Lester

Levenson emphasized set a goal, must achieve it. So I tried once. Made a decision, keep releasing until the goal is achieved. Only then did I realize there was a limiting belief. That is, I felt I couldn't control the achievement of the goal.

Me 2020-09-17 22:17:39 Did you achieve it? Achieving it just once liberates you from everything.

Wind 2020-09-17 22:18:07 That one was achieved, but not entirely free [Chuckle]. However, I no longer resist goals. Previously, I had some resistance to goals.

Me 2020-09-17 22:18:45 I have also thoroughly released on goals. Although not yet achieved, what was unearthed shocked me. A lot of unconscious habitual little beliefs from my daily life surfaced, which had been blocking my desire to achieve the goal.

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Wind 2020-09-17 22:19:35 Now I set some smaller goals; these are relatively easier to achieve. Abundance courses teach students to set goals from small to large. Because it gives people a sense of gain. It generates more motivation to release. Gradually, the momentum for release increases, and the desire for freedom becomes stronger.

Me 2020-09-17 22:20:47 I have a kind of surrender that works very well. For example, I want to eat something, I imagine it, then surrender. My grandmother will cook it for me that very afternoon or the next morning at the latest. Then I found it's not that I'm very effective, but that my grandmother is very effective...

Wind 2020-09-17 22:21:11 According to Lester Levenson, we are all seeking the same thing. In everything we seek, we are looking for "happiness without any sorrow." So eventually we will gradually realize that "all happiness comes from within." Freedom then becomes the only goal. Initially, releasing on material goals, I would stop when I felt good, thinking things would manifest. Later I discovered there was much more underneath. At that time, I also tried methods from "The Ultimate Freedom" like focusing on positive thoughts. None worked.

Me 2020-09-17 22:34:58 Actually, I also tried these, and they didn't work either. But because of these unsuccessful experiences, when releasing on something else I clearly thought was impossible, I just casually thought about it, handed it over, and didn't pay attention, nor did I release deeply. It worked. That is, on this matter, I truly stopped thinking about it because I felt I couldn't do it, so I gave up. And it worked. Several experiences like this. It happened precisely when I felt most incapable, I truly let go. This shows that when I specifically release on a goal, I haven't truly completely let go, so it can't manifest, because I'm still holding on, haven't truly let go.

Wind 2020-09-17 22:38:00 That's right. I had similar experiences before. But now I have somewhat different views, especially after listening to "The Way" and the "Winner" audio. I think it's because I myself had resistance to goals. Later I unearthed a belief: I always thought that if I lost the "want," I couldn't have things. After this feeling was released along with the belief, my feeling about goals improved a lot.

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Me 2020-09-17 22:41:19 And also resist goals, thinking this is wanting to control. Do you have this notion? I find it quite interesting.

Me 2020-09-17 22:43:25 Often have it. If the goal isn't achieved, there must be a reason. These kinds of beliefs account for a large part.

Wind 2020-09-17 22:44:20 I was influenced by some Taiwanese teachers early on. Plus some of my own release experiences and the frustration of goal failure, I concluded "because I want to control, so it doesn't manifest." Finally always felt "wanting the goal to manifest is wanting to control."

Me 2020-09-17 22:46:43 When I release to the end, I always doubt whether the goal can really be achieved. Then when I observe, there's a bunch of negative beliefs behind it again.

Wind 2020-09-17 22:47:02 Yeah, doubt is also present. So I think the setup in the Abundance Course is still reasonable. Start with some small things, accumulate things you can more easily believe in.

2020-09-18 Wind translates and interprets the advanced release method course "The Way 1"

Wind 2020-09-18 01:42:59 Dictated for two hours, hands are a bit sore. Finally got the first part of "The Way" transcribed. Will translate tomorrow.

Leaping Flame 2020-09-18 07:03:55 I want to ask a question: Did Lester Levenson ever use superpowers to save people from group disasters, or did he not interfere with others' karma?

Me 2020-09-18 07:06:52 The release method is a method to quickly release karma. He said he originally didn't plan to teach the release method, but after looking one million years into the future, he felt it was necessary and came back to transmit the release method.

Wind 2020-09-18 08:40:10 Earth is a classroom; disasters are lessons. Teachers can teach you, but generally don't do the problems for you. I've translated one part. It's transcribed by ear, so there might be slight flaws. But I've done my best to verify it several times, trying not to distort the original meaning.

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Me 2020-09-18 10:42:21 It's great to have materials. Many things need continuous practice to understand, but once the material explains it, you understand immediately.

Wind 2020-09-18 10:44:50 I'll try to continue transcribing and translating all six parts of "The Way." Rest a bit first; this is somewhat tiring. The six steps introduced in "The Way," for example step one: The original version is "want freedom more than you want this world."

"You gotta want freedom more than you want the world." Then Lester Levenson saw that many people couldn't understand this sentence; it was meaningless to many. So he changed it to "You must want freedom more than you want to be approved and controlled." Note there's no "survival" here. So all versions somewhat misunderstand Lester Levenson's meaning. To directly face the fear of death, you must want freedom more than you want the world (approval and security). Lester Levenson said, approval and control equate to the world. "Let me change that around, but that's the way it was originally, but seen it be meaningless to people so we changed it to you must want freedom more than you want approval or control while approval control equates to the world." That's the original sentence. "Right, that's the first step, and it's the first step of the method, isn't it? You have to want freedom more than you want this world. Let me rephrase that slightly, but that is indeed how it was originally. Because it seemed to have no real meaning for people, we changed it to 'you must want freedom more than you want approval and control,' because approval and control equate to the world." He speaks colloquially later. approval, control equates to the world. This is very clear, no ambiguity. When I first saw Larry Crane (Lawrence Crane)'s six steps, security was added on top of approval and control. Hale Dwoskin went further, adding want for separation. So it became messy later, even seeing talk of five wants. But Lester Levenson indeed only spoke of three "wants," and step one does not include "survival." You can listen to the audio; it's a recording.

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Approval is a high-frequency word in the release method. approval, control. The content is good. I don't watch most audios. But I often watch "The Way" series and "The Right Path." They are very encouraging, clarify doubts, and guide people onto a simple, direct path.

Group Member asks: Can it simply be reduced to fear? So I think maybe just release fear directly?

Wind 2020-09-18 11:13:43 Yeah, in another audio, he said, all feelings are survival programs. Look at "The Way" too. He also says there that approval and control develop from this fear of death. But before releasing enough approval and control, it's very hard to face it directly.

ZOEY 2020-09-18 11:18:07 During release, I often encounter "worthless, afraid of not being able to exist." Afraid of not existing myself, should that be fear of death?

Wind 2020-09-18 11:19:12 I personally feel this is still want for control and want for approval. Because the fear of death is indeed very deep. Initially, you won't encounter it during release. In "The Right Path," there's a sentence I remember deeply: He said, according to the six steps, you are already free. Then the student said I release according to the six steps blah blah. Lester Levenson said, in the six steps, there is no stop.

Me 2020-09-18 11:22:29 No stop in what?

Wind 2020-09-18 11:22:46 Meaning no "stop releasing." Instead, continuously release.

Yi Xuan 2020-09-18 11:23:28 @Wind? People who commit suicide probably have no fear of death at that moment, right? Is that fear suppressed?

Wind 2020-09-18 11:23:55 It's very deep, covered by many layers of want for control and want for approval. This paragraph, from the "Way" I translated, just has the answer.

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"Now also need to throw yourselves into the fear of living, it is two sides of the same coin with the fear of dying. Because we have a large group of people who want to get rid of everything by dying. So wanting to live, wanting to die, fear of dying, fear of living, these four things can be considered together, perhaps you can write them down, it will cause a shocking change in each of you." This is that paragraph. Wanting to die and fear of death are two sides of the same coin. Wanting to die stems precisely from the fear of death. So many people misunderstand that action is needed after release; this is wrong. After release, if you want to raise your arm, your arm will float up. Lester Levenson's example is extreme, but it illustrates the mode of operation of release.

Hui Xuan 2020-09-18 11:27:56 @Wind? When I used to have thoughts of suicide, I didn't feel fear. Now, feeling life is difficult, I think the worst is death, but I feel afraid, feel I can't die yet.

Me 2020-09-18 11:28:41 Feelings are in the subconscious; not feeling them doesn't mean they aren't operating. The subconscious is merely the part you are avoiding looking at right now. feelings motivates the thinking. Subconscious feelings drive subconscious thinking. You don't see the fear of death because it's too deep, not because it's absent.

Xiong Wei 2020-09-18 11:31:04 Imagining jumping off a cliff also works.

Wind 2020-09-18 11:31:47 That's from the early teachings of "The Ultimate Freedom." I tried that too.

Hui Xuan 2020-09-18 11:32:03 @Wind? I'm usually very cheerful, seems like everything is okay. But through release, I feel I have suppressed all the desires of human needs. It's like they're gone; what I can't get, I just give up, don't want.

Wind 2020-09-18 11:32:40 Yes, this emotional state is described in the release method emotion chart. It's called apathy: useless, indifferent, forget it... Our culture loves to equate this helplessness with peace. Actually, one is the lowest, one is the highest.

Hui Xuan 2020-09-18 11:34:34 This serenity, I don't quite understand. It clearly encompasses so many emotions. Are those emotions all suppressed?

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Xiong Wei 2020-09-18 11:34:46 Actually, some people think the release method leads to seeing too much and not caring about anything, considering it a kind of serenity.

Wind 2020-09-18 11:35:09 Let's put it this way. Imagine your true Self as something infinite. You keep stuffing things into it. Stuff until it can't move, that's apathy. Throw away everything inside, restore the infinite nature, that's serenity. But it's okay if you can't understand this. As you release, you will understand. Acceptance absolutely does not mean "whatever." It's not that emotional state. Look at the words below: happiness, love, abundance, miracles.

Hui Xuan 2020-09-18 11:37:46 Like the calmness of the sea surface?

Wind 2020-09-18 11:38:17 The descriptive words for calmness are infinite space, freedom, wholeness. So if you misunderstand the word calmness, you can ask yourself: Do I feel free, infinite, whole? If you feel heavily restricted, then you are clearly not in the emotional state of peace. These are two emotions that beginners often mistake. Mistaking apathy for calmness.

Hui Xuan 2020-09-18 11:40:48 I feel trapped by life, the space is as big as a birdcage. Now I just want to be able to leave the birdcage, not wanting the infinite free space outside.

Wind 2020-09-18 11:41:09 Yeah, this feeling of being unable to move is apathy. Lester Levenson explained this emotion chart from another angle in the video. He said, selfless and selfish. The fading of the sense of self. In the state of fearlessness, it's a midpoint. 50% selfless, 50% selfish. Above selfless, the ego weakens; these are positive emotions. Below selfless, the ego strengthens; these are negative emotions. So starting from courage, upward are positive emotions.

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Below, downward are negative emotions.

Purple Star 2020-09-18 11:44:52 Actually, what I've always wanted to say is that I'm not at all afraid of death. Because I am emptiness, I won't die at all. What I fear is pain, and if not enlightened, after death I'll have to reincarnate and suffer as a human again [eye roll]. What's scary about death? Pain is the scariest.

Wind 2020-09-18 11:46:51 According to Lester Levenson, physical pain itself is an expression of the fear of death. It's mentioned in the "Lester Levenson on pain" audio. So you haven't seen the fear of death; it's hidden deep, not that you're not afraid of death. The fear of death is a component of all your feelings.

Me 2020-09-18 11:47:29 @Wind? Can I send this translation to the public account? There are still 3000 friends on the public account who can see it.

Wind 2020-09-18 11:47:49 Sure, I'm sharing it here.

Purple Star 2020-09-18 11:48:50 @Wind? [Dizzy] This deep stuff is really hard to understand. "A Course in Miracles" says all fear is fear of God. Well, just practice honestly.

Wind 2020-09-18 11:49:59 Not being able to feel the fear of death now is normal. I usually can't feel it either. But most people can feel the want to control and want for approval. So

release these two first. Release enough, and naturally you'll see the fear of death at the bottom.

Zhao Jiaman 2020-09-18 11:58:37 Today I saw the date of Lester Levenson's passing: January 18, 1994, at noon. He actively chose to leave.

Wind 2020-09-18 12:01:05 I also remember around that time [Chuckle].

Cong Xuan 2020-09-18 12:08:45 How can we sense Lester Levenson blessing us?

Wind 2020-09-18 12:10:19 If your receptivity isn't enough, you can't feel it. This is mentioned in the third or fourth part of "The Way." No need to consider this issue now because you are still defending against this world.

Cong Xuan 2020-09-18 12:11:54 Yes, doubting the world, complaining about the world, blaming the world.

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Why be born as a human, so hard.

Wind 2020-09-18 12:14:35 Actually, earlier you hardly need help. Only when releasing the fear of death do you truly need a master's help. This should be said in the second part of "The Way." Very strong, uncomfortable, dark feelings will surface. At this time, a master will help you.

Me 2020-09-18 12:16:02 Yes, when releasing to the fear of death, anyway, I've had many close encounters. Rarely have I released smoothly. Usually, I get defeated halfway. Need help, especially if there's no prior explanation in text about how to release fear.

Wind 2020-09-18 12:17:27 Then next time don't retreat. When you want to retreat, try calling out to Lester Levenson [Chuckle].

Me 2020-09-18 12:18:09 Difficult, because what I release is the fear of death related to being afraid of ghosts. Calling out to Lester Levenson, I'll try [Covering face]. Every time I fail to release the fear of death, I think back and realize I'm still alive, proving that the fear of death at that time was fake, no need to fear. But at the time, completely out of control, defeated by fear.

Wind 2020-09-18 12:18:12 I haven't encountered it yet. Maybe I prefer to rely on self-power, not dependent on other-power. Or maybe I've encountered the fear of death very little so far. I'm basically still dealing with the want to control and want for approval. Previously, I wondered why Lester Levenson didn't leave any release method teaching videos, causing so much debate among various schools now. Later I listened to an audio. I learned that in the early days, Lester Levenson taught in small groups. Every time he led them, they progressed; when he left, they regressed. Those people saw release as something "Lester Levenson did." They attributed the power externally. So Lester Levenson never personally guided releases again. He left it to instructors. This is to make you understand that

everything is done by yourself. Not that a master helps you do it, but you are the master. You must first experience what release feels like. At the very end, some members of the release method organization started opposing Lester Levenson. So Lester Levenson let go of that organization.

Me 2020-09-18 12:25:30 Setting up teaching like this is very good. A teacher should teach students to be independent, not make them more and more dependent on the teacher.

Wind 2020-09-18 12:26:20 Yeah, so the release method itself is a very self-reliant method. There's an important viewpoint here: take full responsibility. When you attribute causes externally, you are shirking responsibility. Whether good or bad, take full responsibility. Outside, there's nothing, just a bunch of your own thoughts and feelings. The video says the only reason preventing you from gaining freedom is not wanting freedom. That's the only reason. No external thing stops you. This is also the importance of step one. As long as you achieve step one of the six steps, nothing can hinder you.

Me 2020-09-18 12:27:17 I haven't seen any supernatural events yet [Chuckle]. I'm not unbelieving, I just haven't seen them.

Wind 2020-09-18 12:28:06 "The Way" series revolves around these two guidelines: one is "get everything by releasing only," i.e., get everything you want merely through release. The other is "release the fear of dying directly." Lester Levenson said he prefers the former. Another is "release the fear of dying directly." Lester Levenson said he prefers the former.

Group Member 2020-09-18 15:29:03 @Wind? Some people in the release method center opposed Lester Levenson? Can you tell where you heard this? Thanks.

Wind 2020-09-18 15:30:12 A student of Larry Crane (Lawrence Crane)'s said it while discussing Mr. Lester Levenson. There's a YouTube channel called "release technique." That's where I saw the video. It said some people opposed and resisted him.

Group Member 2020-09-18 15:33:34 Separation was spoken by Lester Levenson himself; I took notes, it wasn't added by others.

Wind 2020-09-18 15:34:08 No, he did discuss separation. But after he established the release method course system, he stopped using these concepts. Many things from early teachings were gradually eliminated in his teaching, transitioning to a simple, direct path, aiming to give people a complete map. Hale Dwoskin directly added separation to the free six steps. This is inconsistent with the six steps Lester Levenson himself taught. It's his own addition.

Group Member 2020-09-18 15:50:14 The recordings I have of Lester Levenson are marked from 64-73. After '73, it seems he didn't talk anymore? Has anyone heard later ones?

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Wind 2020-09-18 15:50:49 The "Way" I translated today is from 1989. It should be June 5, 1989. He also mentioned the "event" that happened in Beijing "yesterday." I skipped this small talk in the translation due to political issues.

2020-09-19 Wind explains what true release is: the feeling on top clearly leaves, and then a wave of pleasantness surges from below. If not, then there was no release.

Wind 2020-09-19 08:08:49 Actually, Lester Levenson himself also mentioned that some people resisted him. "My coming back into the world had made me see things differently. When I originally talked to groups I never saw any opposition. It was God talking to God. But now, I see much opposition coming at me from people. I never saw it originally. Now, I see it as my imposing when they are opposing what I'm telling them. I feel I have no right to impose. Now I can present what I have to say in black and white and they can read it or not, as they choose. I no longer feel the need to go out anymore." This is from "The Autobiography of Lester Levenson." "To sum up, my overall wish is for everyone the rest of me! to fully know what I know so that all misery and unhappiness is at an end. Love, Lester Levenson, written in 1972." Listening to Lester Levenson is enough. But currently, I haven't found any audio of Lester Levenson teaching the release method itself, only teaching advanced courses. After the release method organization was established, Lester Levenson no longer taught the release method personally, only occasionally spoke to Sedona graduates. The audio recordings are from those talks. The instructor at the time was Hale Dwoskin.

Group Member 2020-09-19 09:58:08 "We want the dream illusion of the world because you spend all time working on it." If we want bananas, we won't get apples. "giving 99% of time to x and 1% time to y, you are going to achieve x. you give most of the time to what, that's what you have." You give 99% of your time to x, 1% to y, you will achieve x. Whatever you give most time to, that's what you will have. Acting on top of desires is very inefficient. See the desire, pull it out, release it. On YouTube, the word "sedonamethod" in Lester Levenson's speeches is muted, replaced with "release technique." I've heard two versions. The "sedona method" version is smooth, the original sound. Because Lester Levenson did call the method "sedona method." In Larry Crane (Lawrence Crane)'s "release technique" version, this word is muted and "release technique" is dubbed over. There are indeed many complaints on YouTube, saying the current release method organization has become a money maker.

Wind 2020-09-19 10:23:58 Lester Levenson himself called this method "sedona method," i.e., the Sedona Method. But Lester Levenson often used the word "release." Hale Dwoskin was the release method instructor appointed by Lester Levenson. After Lester Levenson passed away, he gave all video and audio copyrights to Hale Dwoskin. The release method organization was handed over to Hale Dwoskin to run. So Hale Dwoskin inherited the name "sedonamethod." But after a few years, he set up his own organization, and the original organization disbanded.

Wind 2020-09-19 10:26:35 The usage of those three question prompts, I think it shouldn't be reciting them all the time. I once saw a method called "Ho'oponopono." Ho'oponopono means reciting the phrases "I love you, thank you, please forgive me" over and over. The release method is not like that.

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Question prompts are to guide people to pay attention to the feeling and decide to let go. The core is experiencing release. Regarding release, as long as you've truly experienced it, it's unlikely to be confused with any other experience. Because its direct effectiveness is unlike other experiences. This is not conceptual. As long as you are honest with yourself, it's very intuitive. I want freedom more than I want the world. I haven't achieved it yet, but I want freedom more and more.

Xia Na 2020-09-19 10:35:10 Hi everyone, I'm a beginner. When I ask the three questions, I often mentally picture "can." Could this be a fake answer from the mind? I don't know if it's a real "can." Sometimes I ask myself repeatedly, "Can I or can I not?" and whichever feels right, I go with that. Does this count as thinking?

Wind 2020-09-19 10:36:03 Don't dwell on this. Relax, focus on the current feeling. Answer with intuition.

Sui Le 2020-09-19 10:46:58 @Wind? I just want freedom more than everything in the world, and I really crave freedom. But I've been releasing for over a year with not much obvious effect.

Wind 2020-09-19 10:47:19 Have you watched "The Way"? It addresses this issue. I transcribed and translated it yesterday; the group owner should have posted it in the public account. "Right, that's the first step, and it's the first step of the method, isn't it? You have to want freedom more than you want this world. Let me rephrase that slightly, but that is indeed how it was originally. Because it seemed to have no real meaning for people, we changed it to 'you must want freedom more than you want approval and control,' because approval and control equate to the world. But I think better is to use 'you must want freedom more than you want the world.' If you do that, your behavior next will be: turn your direction away from the world, focus back on you (you) yourself, do what needs to be done to leave the world, allow your infinite being to simply be here." So, sometimes we think we've done it, but probably we haven't. If you feel stuck, release the feeling of wanting to change the stuckness. After releasing it, what's underneath will surface.

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This is quite interesting; while translating, I reviewed it myself. Yesterday I released two small goals, both succeeded. First, have you ever had the experience of release? Many of my friends have released for a year without ever experiencing what release feels like. So this is also key. When you know what release is, the problem you face is often getting stuck in release. These are two different problems. Release is a very clear, intuitive feeling: emotional energy passes through the body, accompanied by psychological pleasure and relaxation.

Sui Le 2020-09-19 10:57:59 @Wind? The experience of release isn't very clear, but wherever my body feels uncomfortable, if I just quietly focus my whole attention there, the effect is very obvious.

Wind 2020-09-19 10:59:19 I suspect this might not be release. So I think this can be divided into two problems. Solve the first, and the rest becomes easier. If your experience of "release" is vague, you're unlikely to understand what "continuous release" means. You might even mistake non-release for release. Then when you stop releasing, you think you're releasing. This makes it impossible to practice the "six steps." It can be described very practically.

Sui Le 2020-09-19 11:01:47 @Wind? I release "Do I have the desire to want safety/security? Answer: Yes." I experience it for a while, then cry, yawn, the dark clouds don't move. Does this count as release?

Wind 2020-09-19 11:02:15 Has the tightness in your chest cleared? Has a more pleasant feeling welled up?

Sui Le 2020-09-19 11:02:38 @Wind? No pleasantness ever, but I'm not as glum as before. @Wind? No pleasant feeling.

Wind 2020-09-19 11:03:02 This feeling is: the feeling on top clearly leaves, and then a wave of pleasantness surges from below. This is one release. If not, it might just be imagination of the brain.

Sui Le 2020-09-19 11:03:45 @Wind? I've never had a pleasant feeling, not once.

Wind 2020-09-19 11:03:50 Well, then you've found the problem.

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You must first learn to release before you can talk about the issue of "continuous release." True release brings increased pleasantness every time.

Sui Le 2020-09-19 11:04:37 @Wind? Is my release not correct?

Wind 2020-09-19 11:04:50 Based on my personal experience, it's probably not correct. Because once you've experienced release, you won't confuse it.

Sui Le 2020-09-19 11:05:27 @Wind? It might be incorrect. What should I do?

Wind 2020-09-19 11:05:58 The release method isn't complicated; it's "let up and let go." But many people haven't experienced release in actual practice. They mistake some mental imagination for release. Let the "feeling" surface, let the "feeling" leave. How do you release? Or what method do you use? When releasing, try not to modify the method. That only weakens its power. Don't mix, don't modify. Try it this way. See if you can find the feeling.

Sui Le 2020-09-19 11:08:38 @Wind? Following the method from "The Abundance Book"? I basically use the method from "The Abundance Book" too.

Wind 2020-09-19 11:08:54 I use the '92 release method course. It's more original.

Sui Le 2020-09-19 11:09:35 Can you share the '92 course?

Wind 2020-09-19 11:09:55 It's on YouTube, English videos. Let me share my personal experience. Release is a very clear feeling. When you release once, you'll find this experience is distinctly different from suppression and avoidance. So you won't confuse them. After that, you'll know what release means. Why not try it now? Feel it, what is your current feeling?

Sui Le 2020-09-19 11:15:02 I've experienced suppression for decades, that feeling of being glum. Now I still have a feeling of throat blockage, not very relaxed.

Wind 2020-09-19 11:15:20 A feeling of suppression? Glum feeling.

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Sui Le 2020-09-19 11:15:32 Yes.

Wind 2020-09-19 11:15:35 Can you feel it clearly?

Sui Le 2020-09-19 11:15:43 Yes.

Wind 2020-09-19 11:16:02 Good, feel it for a while. Just feel it directly.

Sui Le 2020-09-19 11:16:33 Slightly lighter than a year ago. Okay, feeling it now.

Wind 2020-09-19 11:16:48 First feel it directly for a while. Then ask: Can you let it leave?

Sui Le 2020-09-19 11:17:40 Can I let it leave? Yes.

Wind 2020-09-19 11:17:55 You should know the three questions.

Sui Le 2020-09-19 11:18:11 Yes, I use them.

Wind 2020-09-19 11:18:32 Now look again at your feeling. Is it still there?

Sui Le 2020-09-19 11:18:59 Can I let it go? Am I willing to let it go? When will I let it go?

Wind 2020-09-19 11:19:17 Yeah, I'm trying to help you find the feeling.

Sui Le 2020-09-19 11:19:21 It's still there, motionless. I'm experiencing the feeling of it leaving. The throat blockage is worse.

Wind 2020-09-19 11:20:03 Can you notice if you want to change it? I think I roughly understand your situation now. Don't fall into the inertia of past operations now. First, relax the body. In a relaxed and comfortable state, pay attention to your current feeling. What is it?

Sui Le 2020-09-19 11:22:37 Yes, right, that affirmative answer was from the mind. As soon as I ask the questions, it blocks. As soon as I experience it, it blocks. Never been relaxed.

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Wind 2020-09-19 11:23:16 I've had this situation too. Subconsciously tensing the throat when asking questions. Yeah. So let me tell you my solution: Don't fall into the inertia of past operations. Restart using the method. Relax, keep your body comfortable. Whatever the current feeling, just observe it. Don't deliberately exert effort to feel it. Feel it for a while. What is your feeling now?

Sui Le 2020-09-19 11:26:23 Still throat blockage.

Wind 2020-09-19 11:27:09 What is the emotional feeling? Throat blockage is a physical sensation.

Sui Le 2020-09-19 11:27:51 No emotion, just blockage, ears buzzing.

Wind 2020-09-19 11:28:09 This finds the problem. You said "no emotion." Actually, you're not facing it directly.

Sui Le 2020-09-19 11:28:30 No, it's just that when emotions were suppressed before, it was there. It's not an illness, right?

Wind 2020-09-19 11:29:29 But Lester Levenson said that. Physical pain is emotion expressed in the body. So releasing emotions can bring out physical pain.

Sui Le 2020-09-19 11:30:34 It's not an illness; it's emotion stuck there. But consciously, there's no feeling. Before, there was a feeling of glumness. Now it seems gone, only the blockage.

Wind 2020-09-19 11:30:44 Yeah. I tend to think you need to feel the emotion. Because that's how I operate. Overemphasizing physical sensation might cause a block. In the '92 release method, the first lesson is to take out a chart, let people first observe their emotion, then locate their emotion. For example, the feeling of sadness is grief. The feeling of fear and anxiety is fear.

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The feeling of anger is anger. After release, physical sensation accompanies it. In the fifth or so lesson, it says sometimes the feeling is very "subtle" and may not necessarily be accompanied by physical sensation.

Sui Le 2020-09-19 11:34:04 This blocked emotion is: unwilling to listen to his words, his yelling, but unable to resist, accumulated over time into this blockage.

Wind 2020-09-19 11:34:58 You are analyzing the cause, not locating the feeling. The cause is the mind weaving stories. The feeling is what you directly experience. Many people get stuck there. Because they exert force to squeeze that blockage.

Sui Le 2020-09-19 11:37:11 @Wind? Then should I feel the emotion generated when he yelled, or experience this blockage?

Wind 2020-09-19 11:37:21 You can try both. These are our different experiences. My personal experience is to feel the emotion. The reason I don't mention the latter is because when I tried it, experiencing the blockage just kept it stuck there. Later, by experiencing the emotion, I released it. After release, the blockage automatically dissipated. Energy gushed out. So when I share experiences with beginners, I always talk about emotions.

Sui Le 2020-09-19 11:39:51 @Wind? I've also been releasing for over a year, experiencing the blockage. Now I feel no progress.

Wind 2020-09-19 11:40:27 Once you experience it, it's simple. But for those who haven't, it's really hard to imagine how to release. You just have to follow the steps.

Sui Le 2020-09-19 11:41:39 @Wind? That's where my problem lies.

Wind 2020-09-19 11:42:02 I think you are suppressing emotions. Habitual suppression. When I practiced "The Abundance Book" back then, I was habitually suppressing. Because when I saw the pipe method, I misunderstood its meaning. I imagined the pipe and tried hard to squeeze it out. Later, I also saw a sentence in "The Abundance Book" that let me experience release for the first time. That was "feel that it also wants to come out," and "release pressure" (relieve pressure). Feeling it pushing itself outwards, as long as you don't hold it down, let go, it goes out by itself.

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That experience overturned my understanding of release. Since then, release has been very easy and very clear. So personally, I think the benefit of "The Abundance Book" is that it describes the release process very concretely, with very materialistic metaphors. This prevents people from wildly imagining what release is in their minds. Try more to experience it. Previously, I joined some release method groups. The "group leader" led, led, and then stopped releasing themselves. Many people kept imagining all sorts of things in their minds. But for me, reciting "the Lord" a hundred times isn't as shocking as one clear release experience. So the key is how to release and release continuously. It's highly practical. As for the truth, continuous release will let you see it. No need to constantly study it with words and language. No amount of study is just words and language.

Sui Le 2020-09-19 12:02:25 @Wind? After release, do you feel pleasant?

Wind 2020-09-19 12:03:23 This happens every time. For example, yesterday I released the want to control. At the time, I was struggling with how to translate a sentence. I released that feeling a bit. After the emotional energy left directly, the obstruction was gone, and it immediately flowed. Then it's like taking a tray from a stack: take the top one off, the next

one comes up. After experiencing the pleasant feeling, you look again to see if there's any left. Obviously, a deeper emotion wells up. Then release continuously. This pleasant feeling keeps rising. The mind becomes quieter and quieter. I think many people might not understand what pipe insertion means and might misinterpret it. But using question prompts can also be misinterpreted. Many people think the question prompts are for investigating the problem itself. That's misinterpretation. Feel it, then allow it to surface, then let it leave. That's the process. Very simple. I still need to ask two questions now. Otherwise, I easily get stuck in a stalemate. This is actually still because step one isn't achieved. Wanting freedom hasn't exceeded wanting the world.

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Many people are stubborn, but I later discovered that if step one isn't achieved, release will definitely stop. Where it stops varies per person. The more you release, the more you want freedom. Only then can you understand step one. Otherwise, step one is too abstract, meaningless for many people. The more you release, the more practical step one becomes.

Me 2020-09-19 12:16:45 For step one's "exceed," initially, just exceeding the object you're releasing on is enough. No need to exceed the whole world at once; that would be direct enlightenment.

Wind 2020-09-19 12:17:20 That's right. If you don't want to release a certain emotion, you won't be able to release it. You tend to suppress it into the subconscious. So the release method course starts by setting worldly goals. I think that's fine. Accumulate a little momentum for freedom bit by bit. Otherwise, people are actually "unwilling" to become free all at once. The vast majority of people don't want freedom. You still have to realize this. I myself don't want freedom that much either, otherwise I'd have been free long ago. But I didn't realize this at first. When I first encountered the release method, I thought I really wanted freedom. Later I found out that's not really the case. Actually, the world of lack is also created by thoughts driven by a sense of lack. Release that sense of lack, and your limitations become fewer and fewer. Lester Levenson also said in "The Way": As long as you can continuously operate on the fear of death, it's just one or two weeks. The first two months are just clearing the stuff on top: the want to control and want for approval. When you can continuously see the fear of death, freedom is just one to two weeks away.

Me 2020-09-19 12:25:39 No translation today?

Wind 2020-09-19 12:26:08 Not yet. Should I translate the second part of "The Way" first? Or "The Right Path"? Let's continue with "The Way" for now. These two are actually advanced courses. From what I hear, the students here should have already achieved material abundance. Or life is already very comfortable.

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They are pursuing higher freedom. All of them have experienced "just release, and things drop into your lap." The 92 abundance course recommends Lester Levenson's advanced course. He emphasizes not stopping release. So let everything you want be achieved through release. Small things, big things. You can turn your life around in one week of

continuous release. But if you release intermittently, you might not turn it around for many years. My six years of intermittent release are not as effective as my release last month.

Hui Xuan 2020-09-19 12:35:02 @Wind? After the New Year, I continuously released fear for three months. After finishing, nothing turned around.

Wind 2020-09-19 12:35:25 This goes back to the same issue. First, be clear about the feeling of release. Second, be clear about what continuous release means. Lester Levenson's continuous release means releasing once, then releasing again, then releasing again... This is called "continuous release." Not spending several hours a day releasing and then doing other activities for the rest of the time.

Hui Xuan 2020-09-19 12:36:26 @Wind? Is there a difference between intensive release and continuous release?

Wind 2020-09-19 12:36:46 Don't dwell on the wording. You should clearly understand the feeling of release. This is very important.

Hui Xuan 2020-09-19 12:37:41 @Wind? Sometimes after you release, your body feels light. You want to continue releasing but can't.

Wind 2020-09-19 12:37:53 Yes, that's the problem. You want to control, stuck here. Avoiding the emergence of deeper feelings. Therefore, you only release again after you've developed emotions on top again. This is standing still. Lester Levenson discussed this in the "get high to release" audio. You are "release to get high." You release until you're more comfortable, then stop, waiting until you regress back to an uncomfortable state before releasing again. This is just going back and forth. Lester Levenson said, you should release even more when you're comfortable. Because you are more capable of facing heavier feelings underneath.

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Because on top of fearlessness, you have more courage.

Hui Xuan 2020-09-19 12:40:22 @Wind? No, if you have no emotion, it's very hard to release when "peaceful." Even if there are many things that are difficult, and you are calm, it's still hard to release.

Wind 2020-09-19 12:40:30 This is because you haven't seen the emotions in your subconscious. You can use something to draw them out. For example, do you have anything you particularly want? Do you have anything you particularly hate? I say you can turn your life around in a week based on personal experience. Through release, I've had two miracles in my life. You could say it turned around. Subconscious is the emotion you don't look at. You need to bring it into conscious awareness. Let me quote the original text: When I was studying abroad, my finances were cut off. I locked myself in my room and released for a week. Everything was solved. Someone paid my rent for me. A sum of money was transferred into my account. The achievement of small goals is too numerous to mention.

That time was a sudden breakthrough in a difficult situation, so I call it a miracle. I did nothing, just released.

Me 2020-09-19 12:47:59 If releasing together, there's an empowering force that allows you to continue releasing. But alone, concentration is much worse. Of course, this is also related to determination and release experience.

Wind 2020-09-19 12:49:11 Actually, it's just that you don't want to release. I perceive that. The only reason you don't release is that you don't want to release. Only release can solve it. Problems with the release method can only be solved by releasing. Analyzing, thinking, are useless. Release itself can accumulate momentum for release. Allowing you to release more while witnessing more. This witnessing itself will continuously propel your release.

Hui Xuan 2020-09-19 12:53:07 @Wind? Actually, it's that I don't want a turnaround [Covering face].

Wind 2020-09-19 12:53:26 You could say that.

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So advanced courses may not apply to you either. Many concepts, if you just think about them, you'll misinterpret them. Using Lester Levenson's words, because you don't want to want to see it, you push it into the background. Then you don't see it [Chuckle].

Me 2020-09-19 12:57:27 @Hui Xuan It's not worldview expansion; it's worldview collapse.

Wind 2020-09-19 12:59:20 Worldview has collapsed many times. People's talk of morality, value, ethics, in the end, is all want for approval and want to control. Driven back and forth by these desires.

Wind 2020-09-19 13:00:38 That's from the book "Freedom from the Bondage." That sentence about shaking violently. But this is something Lester Levenson talked about in an audio. He said that back when he was releasing until insights kept coming, each insight would release a huge amount of energy, filling his whole body with energy. He had to go for brisk walks on the street in the middle of the night. I once released continuously for three days without sleep. That was two years ago. No tiredness either. Later, I didn't release for a long time. So it was repeated starts and stops. So the fact that release can bring boundless energy, I have verified.

Me 2020-09-19 20:38:22 Hale Dwoskin's "want for separation" here refers to the desire to separate from or unite with the crowd. But personally, I feel this desire cannot be listed alongside the other basic wants.

Wind 2020-09-19 20:38:23 This is Hale Dwoskin's four wants. Later, Taiwanese teachers turned it into five wants. Lester Levenson only spoke of three wants. Because they are all practical. Making it complicated isn't very meaningful. Release the deepest fear of death, and you are free. His described "want for separation" is actually partly want to control and partly want for approval. No need to study this. No need to study this on a linguistic level.

Release the fear of death, and the entire mind is released. You can directly experience infinite existence. The theory of the release method went through a process from something simple to something highly complex. Hale Dwoskin later really let himself go. In a letter to his students, he even recommended practicing Qigong to assist release. In English, it's "qigong."

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Now he still posts videos irregularly on his YouTube channel. The newly invented release methods are completely unrecognizable. There are Tibetan Buddhist mandalas hanging on the wall behind his room. The methods he invents now are bizarre and varied.

Me 2020-09-19 20:51:39 The key is, if you truly understand the release method, there's no need to invent any methods. You'll naturally find that the release method itself is very, very good and doesn't need modification.

Wind 2020-09-19 20:52:10 Yeah, a student mentioned this. Let me quote a passage.

Wind 2020-09-19 20:54:07 You can watch the '92 release method video. That's the course Lester Levenson set up. "Lester Levenson taught thousands of people how to apply KISS Releasing in their lives. He also entrusted a few handpicked students to carry on his work after his death. Some of the more prominent people promoting the process (also known as the Sedona Method) have made obvious changes and modifications to what Lester Levenson originally developed. Personally, I believe this is a disservice to Lester Levenson and new students." This is written by another student, Stephen. That's the translation of that passage. "No additions, modifications or subtractions to his original technique are required. In fact, they only diminish the power of the process."

Me 2020-09-19 21:11:55 @Wind Have you read this book? "Choose Freedom."

Wind 2020-09-19 21:15:35 Yes. The earliest version I read was a version called "A Love Story." Later, I read the English version.

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The latter part of this book is essentially a compiled version of Lester Levenson's audio. Later, I listened to several audios where Lester Levenson talks about his awakening process, and it matches what's in the book. Lester Levenson said the first month he dealt with wanting approval, the second month wanting to control, the third month the fear of death. One month for one. He said at that time he didn't have the guidance of the six steps, but you now have the six steps; you should be faster than me. I initially only had access to Chinese materials.

Me 2020-09-19 21:25:12 Your English is so good. Did you major in it?

Wind 2020-09-19 21:25:14 Most of the English materials I found and read/listened to when I was studying abroad later. No, I'm just an international student. I majored in Finance.

Me 2020-09-19 21:25:53 Studying in the US?

Wind 2020-09-19 21:26:03 Australia. Lester Levenson's English materials aren't difficult. Once you're familiar with his release method terminology, you can translate. He tries to use concise and clear English, rarely using big words.

Me 2020-09-19 21:27:05 Back in China now? Looks chaotic abroad.

Wind 2020-09-19 21:27:21 Yeah, returned last year (2019).

Me 2020-09-19 21:28:51 @Wind That's lucky, just avoided those things [Chuckle].

Wind 2020-09-19 21:29:31 Pretty lucky. The first thing I encountered was also "The Abundance Book." The Abundance Book -> Zero Resistance -> Sedona Method. Larry Crane (Lawrence Crane) also changed some things. To enrich his book, Larry Crane (Lawrence Crane) probably added a lot of content. There's a kind of modification they make that's quite annoying. They take things that are essentially the same and split them into many chapters, turning them into different methods. "Releasing self-denial." That's a completely unnecessary chapter.

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It confuses people. The setup in the '92 release method course is clearer. Learn to release emotions, then learn to set goals and release, then learn to release wants deeply, and then it's just releasing wants.

1237 2020-09-19 21:37:03 @Wind? Is there a URL for the '92 release method?

Wind 2020-09-19 21:37:18

https://www.youtube.com/channel/UCmno_TcBOHNVhk69_s-b0Zg View full text. Releasing wants also starts with releasing want to control and want for approval, and only at the end do you start asking about want to survive/security. But I find that Larry Crane (Lawrence Crane) did summarize a few teachings from Lester Levenson's audio, such as "get everything and anything by releasing only" from "The Way." I just relistened to "Beingness," which also has Lester Levenson explaining the six steps himself. I'll translate this first. Lester Levenson talks about his awakening experience in these two audios. Or maybe I should just release [Chuckle]. I should focus on releasing too.

Me 2020-09-19 22:07:03 No, you have to translate [Covering face]. Finally caught someone who can translate and type.

Wind 2020-09-19 22:07:24 Yeah, I'll translate it. Release first, then translate.

Me 2020-09-19 22:08:13 I find I really suffered from not having materials, took too many wrong paths. Just discussing with you these past few days has verified many of my experiences and guesses.

Wind 2020-09-19 22:08:45 Actually, having materials also leads to wrong paths. I stopped midway for a long time. [Covering face] Later found out I didn't want freedom that much. Didn't make a decision, so I stopped, just like Lester Levenson said.

Me 2020-09-19 22:09:44 How many years have you been in contact with the release method?

Wind 2020-09-19 22:09:51 Over 6 years.

Me 2020-09-19 22:10:16 I'm over 8 years. And they said three months [Chuckle].

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Wind 2020-09-19 22:11:15 He said three months of continuous release. I've indeed never done it even once.

Me 2020-09-19 22:11:37 Me neither.

Wind 2020-09-19 22:11:53 Always stop for various reasons.

Me 2020-09-19 22:11:56 Look, now it's only three or four months until the end of the year. Why not go for it? [Chuckle] Go into retreat directly. Otherwise, next year adds another year; next year it will be nine years [Chuckle]. You release really well. At least, you're the best I've seen at mastering Lester Levenson's theory. In all these years, I haven't met anyone who surpassed me. I always felt I was releasing alone, couldn't discuss with anyone, couldn't explore. I was always teaching.

Wind 2020-09-19 22:14:24 I've read quite a bit of theory, but my release isn't great. I've had a few good experiences on and off, but didn't continue.

Me 2020-09-19 22:15:07 Very good. At least you haven't misinterpreted the theory. Because many group members always randomly add their own things, making it unrecognizable and ambiguous, ending up not even understanding the most basic release.

Wind 2020-09-19 22:15:55 Midway, it was actually to avoid releasing that I went to read theory [Covering face]. Later, after looking around, I returned to that question: continuous release. All of Lester Levenson's later teachings point to this. Now there's no avoiding it, so I just go play. The inertia of the ego is too strong. This is what Lester Levenson calls "release on the surface." Releasing only emotions is like cutting branches. As long as the trunk is there, branches will grow back. So in Lester Levenson's release method course, releasing emotions was just for finding the feeling initially. Later, it's all about guiding people to release the want to control and want for approval. Each time, I actually release incompletely. I'm very easily "satisfied." I release until thoughts and feelings flow smoothly and comfortably, then I stop. Start "living mindfully and peacefully." Until disturbed again.

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Then I continue releasing [Covering face].

Me 2020-09-19 22:24:29 Actually, I'm also easily satisfied. But life doesn't allow it; there are pressures and challenges everywhere. Also, my confusions are unresolved, so I keep persisting, because I really, really want to see the truth.

Wind 2020-09-19 22:26:23 My personality is more intellectual. I've studied Taoism, Buddhism (Northern and Southern), Christianity (theology from Augustine onwards), existentialist philosophy, phenomenology... None gave me the answer. Buddhism might have some, but not the insights release gives me. Because intellectual understanding and actual experience are vastly different. So I've abandoned all these theoretical studies. I only study what's related to release and directly guides release practice.

Me 2020-09-19 22:31:10 My resolute release of emotions once led me into a very peaceful state. It was a big emotion. I persisted, I just didn't follow it, held on desperately, and then suddenly transcended, entering a wonderfully peaceful state, truly very, very pleasant, without any thoughts, just pleasantness and peace. I didn't want to send out a single thought, because I found any thought would disturb the peace. I stayed there for a while. Because I happened to be by the computer, I live-streamed my discovery to the group. As we chatted, the state began to waver. Suddenly I saw a waterfall, a waterfall of thoughts. I got closer and closer to this waterfall, my mind started buzzing. Then suddenly I realized, isn't this waterfall just my previous state? Because those thoughts were so familiar; they were thoughts I used to think often. Then I became more and more familiar with these thoughts, and suddenly with a buzz, I was back [Covering face]. Never entered again since.

Wind 2020-09-19 22:31:37 [Strong] Then your experience is deeper than mine.

Me 2020-09-19 22:36:16 That time I discovered that any thought dissipates energy and disturbs that pleasantness and peace. Including happy laughter. I could directly experience this process. Afterwards, I almost forgot about this experience. But now, several years later, the memory becomes deeper and deeper. Many times I feel that peace is just a hair's breadth away, as if I can feel that joy, but can't enter.

Wind 2020-09-19 22:38:27 Your experience is very deep. I can intellectually understand what you're saying, but I haven't had such an experience. My best experience was feeling the world opening up to me. Then I experienced crossing the street with automatic green lights. Entering a restaurant, I had a fleeting thought about wanting to eat something, and the waiter automatically brought it over. This was the second time I experienced a "miracle."

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Only twice did I have such a state. And they said today's event was free.

Me 2020-09-19 22:40:56 Also had two experiences of entering love. Suddenly entered a state of allowing everything. At that time, I was getting food in the company cafeteria, also continuously practicing release. Suddenly entered this state, found myself very, very joyful, and entered a connected state with the two colleagues ahead of me. This state meant that no matter what colleagues said or did, I was very, very joyful. It was a genuine, heart-felt support and allowance. Their happiness was my happiness. Whatever they expressed, I

supported with great joy. I also had another experience, actually quite good. That time I was studying "A Course in Miracles." I had hit a bottleneck with the release method, so I went to study ACIM. There's a lesson in ACIM: "There is no place where danger is in the world." I was very puzzled. How can there be no danger? Does believing in God mean God will protect me wherever I go so I won't die? But it felt strange; probably not like that. This doubt stayed in my mind, lingering. At this time, I was troubled by various fears. After releasing many emotions and defenses, inner fears kept surfacing. Walking down stairs, my mind was full of images of me falling to my death. Seeing water, I thought I would drown. Things like that. Not long after, I read the practice for this sentence again. I thought, if I explained this sentence to my younger sister, she definitely wouldn't believe it, because she doesn't believe in any of this. I shook my head and put down the card with the sentence written on it. At the moment I put it down, suddenly a voice arose within: "I am God." Then instantly I understood: because I am God, therefore there is no place in the world where danger is! Because God is God, the world is the world; they are completely separate things. This answer was so perfect. It was like lightning striking in my head. Instantly, it transcended the fear of death that had been oppressing me all this time. It was as if I saw all these fears at once, saw through them all. After this momentary release from the fear of death, my practice suddenly changed drastically. I no longer released. Why release? I am God, eternal infinite existence, not subject to any threat. It's like I could no longer be fooled by emotions. As long as I believed emotions and fears, I couldn't continue to believe I am God. But I am God, so self-evident, that I couldn't enter this emotional mental world. And so I experienced the path of miracles for a while [Chuckle]. That is, this certainty of my true Self, this self-evidence, this immense confidence and experience that I am It, made my practice focus solely on the truth, completely unconcerned with these illusory worlds. But after a few months, I slowly came out of this state [Chuckle]. But the experience brought by that momentary release from the fear of death was deeply engraved: that I truly can transcend and leave the fear of death; that state truly exists. Although it was only for a moment, it brought me months of affirmation of the truth. All from the heart. I didn't need to do anything; emotions naturally receded from me. I didn't need to practice, didn't need to release at all.

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Actually, the biggest role of these experiences is that they kept me persisting until now. Although release always starts and stops, it never completely stops. Because these beautiful memories guide me incredibly strongly. After all, I have witnessed moments beyond the mind; such a state truly exists, and I truly might be able to reach it. Mainly, that confusion was so puzzling for me. It happened right when the fear of death was always popping up everywhere, troubling me for a long time. I always wanted to transcend it, release it. But because I wasn't releasing these basic wants at that time, I just couldn't release it. Yet I didn't try to defend against it. I knew then that because I defended against the fear of death, I couldn't see it. So I kept on letting go of any defenses I noticed in life. And then seeing this sentence touched me greatly and confused me greatly. How can there be no place in the world where danger is? It was an attack on my beliefs. So it confused me very, very much.

Wind 2020-09-19 23:02:39 [Strong] Having an experience of the true Self is indeed great motivation. I personally haven't had such an experience. I might have learned too much intellectual stuff, which became an obstacle instead. The kind of confusion and doubt you just mentioned, I never had that. Because my mind would extract an intellectual explanation

that met my requirements from knowledge. These explanations came from many past texts. Theoretically very self-consistent and complete. But I later found these were useless. They didn't help my actual freedom. I'm talking about knowledge from philosophy, religion... Not release method knowledge. I also often get stuck. Sometimes for a long time. Later I learned that as long as I decided at that moment to release the desire to change the feeling of being stuck, I could continue. Learning to release is quite important. A certain, clear experience will support you all the way.

2020-09-20 Wind translates the '92 release method video 1 and explains key points

Wind 2020-09-20 09:58:06 I'll also organize a text version translation of the '92 release method. But I don't know how to add subtitles. If anyone can, they can add them themselves.

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It's too long. I'll translate a few important parts first. Many people in the group may need help with this basic release method teaching. I just translated a paragraph from the '92 instructor's first lesson introducing the release method. I'll translate the guided process after lunch. Here are a few key points: The entire course is presented in an experiential way, not an intellectual one... If you are unsure whether you are releasing, just stick with it. Because you may not perceive every release, but as you continue to practice the technique, it will become easier and easier until you are sure you are releasing... You may have learned many other things before, but now please set them all aside. This is like walking into a movie theater; you empty everything you knew before, just follow it scene by scene. So, no matter what you've heard or learned before, set them aside first, just focus on what we are doing now. ...? Please open your workbook and write down what you want to get from the course, write down anything you wish to change and improve in your life... I deleted some irrelevant words. This is why I say "The Abundance Book" is more like Lester Levenson's release method organization in terms of setup. This page in the workbook looks like this (image omitted). Although we can't find the original version of the workbook now, as long as you remove Larry Crane (Lawrence Crane)'s added parts, his workbook still inherits many things from the original version. This paragraph introduces the function of the chart... This paragraph is about the use of "The Gains Book"... I'll try to present as much information from the whole course as possible. I'll delete some repetitive guidance because the video is really long. In fact, the design of this tool, the gains record book, is precisely to practice the sixth step of Lester Levenson's Free Six Steps. Its help is indeed significant... The introduction ends here, and the guidance begins below... Below, I try to restore the guidance process as much as possible. But it's best to watch along with the video. Wherever the video has a pause for the student to feel, I marked it. Where not marked, the student answered the question immediately. I'll translate this much for beginners' reference. I'll find time to translate the later courses.

Me 2020-09-20 15:38:12 "Allow yourself to feel it." Many people think this means allowing the feeling to exist. It seems like the Sedona Method book also writes it that way: allow the feeling to exist.

Wind 2020-09-20 15:39:36 Later, there is "allow it to be here." This should be about releasing wants. Generally, it's said like: could you allow yourself to be more aware of your

wanting approval or wanting to control. Can you allow yourself to be more aware of wanting approval or wanting to control?

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Me 2020-09-20 15:41:30 That still means to be aware of the feeling or want.

Wind 2020-09-20 15:41:53 Yes.

Me 2020-09-20 15:42:15 I think this way: if you allow the feeling to exist, then why release it? This is contradictory.

Wind 2020-09-20 15:42:40 Using the mind is definitely wrong. Many people use the mind to think about this issue. The instructor said at the beginning, don't try to understand the questions. "Allowing it to be here" simply means letting you be aware of it. Allowing you to see it. Don't suppress it into the subconscious. Following the course setup will be much smoother. There are a few key points in the first lesson. I suggest actually using that chart and the gains record book. It really helps. The important thing is to try to feel, in your feeling center (chest and abdomen). Then when asking the questions, try to feel, don't answer with the mind. Also, trace the feeling up to the nine emotion categories for release. Later, whether it's Hale Dwoskin or Larry Crane (Lawrence Crane), they didn't clearly explain the use of the chart tool. I only understood after watching the '92 release method course. Before that, my release was quite chaotic. It was only after using the emotion chart to check my own emotions that I realized what I called releasing wants wasn't releasing wants at all. Identity is a relatively important step. First, recognize your emotion. Then allow yourself to feel it, let it leave.

Le Le 2020-09-20 15:55:29 Before, whenever someone mentioned feeling the emotion, someone would immediately "correct" them, saying, don't feel it, release it directly [Covering face].

Wind 2020-09-20 16:02:37 Release still needs to be done. You can't just feel. Just follow the steps. There are more explanations later in this lesson. I think they are important, so I'll translate them for you to see.

Group Member 2020-09-20 16:06:57 How come I feel emotional feelings in my mind consciousness? If I don't feel them, they're not there. Is that using the mind?

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Wind 2020-09-20 16:07:20 That's how it is at the beginning. Try to feel in your feeling center. Take it slowly. You can print out this chart for reference.

[Image]

Hui Xuan 2020-09-20 17:30:43 @Wind? Negative emotions are all in the upper layers. We don't need to bother with what emotion it is. Just release, release, release. When we've released enough, positive emotions will naturally surface. Right?

Wind 2020-09-20 17:31:24 Yes. You don't need to dig forcefully.

Hui Xuan 2020-09-20 17:31:33 Sometimes many emotions arise at the same time. So there's no need to distinguish between wants and emotions. At that point, it happens naturally.

Wind 2020-09-20 17:32:17 Not exactly. If you want a specific emotion, you are resisting the current emotion. You are trying to suppress the one currently surfacing.

Hui Xuan 2020-09-20 17:33:07 What is the relationship between wants and emotions?

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Wind 2020-09-20 17:33:39 "the wanting motivates the feelings." That's what Lester Levenson said. Wants drive emotions. You don't need to dig forcefully, but you do need to categorize. You need to recognize the emotion. Otherwise, emotions mix together and are hard to release.

Sui Le 2020-09-20 17:34:54 @Wind? When asking the questions, feeling the emotion is just feeling. When letting it go, is it just watching it go, without simultaneously feeling it anymore?

Wind 2020-09-20 17:35:56 Try operating intuitively. Put your attention on the chest and abdomen. Don't think too much. The chart helped me a lot once. Because I used to misidentify emotions.

Hui Xuan 2020-09-20 17:36:49 @Wind? For example, something makes you feel fear, humiliation, anger, shame. Just release.

Wind 2020-09-20 17:37:21 Yes, but you handle one type of emotion at a time. Deal with the one on top first. You don't need to specifically look for a certain emotion, but you still need to recognize it.

Group Member 2020-09-20 17:38:06 Feeling the emotional feeling doesn't mean getting lost in the feeling, right? Is it looking at the feeling and asking the questions?

Wind 2020-09-20 17:38:24 Looking at the feeling and asking the questions. That's the method.

Sui Le 2020-09-20 17:38:31 @Wind? When intuiting to let it go, should I watch it leave while still feeling the emotion? Is that not allowed?

Wind 2020-09-20 17:38:52 You're overthinking this.

Hui Xuan 2020-09-20 17:38:53 What about wants? @Wind

Wind 2020-09-20 17:39:05 Wants are in the fifth video. I suggest not rushing. If you don't have enough experience releasing emotions, you won't be able to perceive wants. I took a detour before. I thought I was releasing wants. Later I found out I wasn't.

Group Member 2020-09-20 17:39:44 If the emotional feeling is too big, and you keep getting lost in it, what to do? No release effect.

Wind 2020-09-20 17:39:46 The feeling is your feeling; you are holding onto it tightly. Note that letting go just means you stop holding onto it. See it as energy you are holding onto, and try operating again.

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Yi Xuan 2020-09-20 17:40:51 Wants are also many kinds. Why did Lester Levenson categorize them into just three types?

Wind 2020-09-20 17:41:15 There are only these three types of wants. If you don't believe me, just name any want, and I'll tell you which category it falls into.

Wping 2020-09-20 17:42:06 What kind is guilt?

Wind 2020-09-20 17:42:22 Guilt is an emotion, in the emotional state of grief. What drives the emotion is wanting approval and wanting control.

Group Member 2020-09-20 17:43:44 I think I'm finding a bit of feeling. Feeling doesn't necessarily mean experiencing and getting lost in it.

Wind 2020-09-20 17:44:00 Don't try hard to experience. Feeling an emotion is very simple. Also, don't try to understand what the question prompts mean. That's meaningless for release. So, just relax and operate gently.

Wind 2020-09-20 17:45:36 You mean appetite? Generally, this is wanting to control. When close to starving, it's wanting to survive. This is directly experienced. Wanting to control means wanting things to happen the way you want them to. For example, you really dislike something. You want to change it. Or you really like something, you want to possess it. In appetite, for instance, when we taste something delicious, there's a desire to want to control (to have more).

Group Member 2020-09-20 17:47:46 When I feel an emotional feeling (fear), it seems to be in my mind consciousness, in my head and between my eyebrows, with a buzzing, chaotic sensation. Is this correct?

Wind 2020-09-20 17:48:12 This is normal. Actually, at the beginning, I was the same. Feelings were all in the head. Release more and it will improve. Feelings are actually in the chest and abdomen.

Sui Le 2020-09-20 17:49:38 How do you differentiate between throat blockage and emotions? I feel throat blockage but not emotions.

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Wind 2020-09-20 17:49:50 Throat blockage is a physical sensation. Lester Levenson said physical sensations are the expression of emotions.

Hui Xuan 2020-09-20 17:49:58 Are sights, sounds, smells, tastes, touches, and thoughts each a type of desire? @Wind

Wind 2020-09-20 17:50:16 Those are the six sense objects. Don't confuse these concepts. The six sense objects and six sense faculties in Buddhism. When a "faculty" contacts a "object," "consciousness" arises. Contact conditions feeling, feeling conditions craving, craving conditions grasping, grasping conditions becoming. The "craving" in the twelve links of dependent origination is closer to what we call desire. Buddhist concepts are very complex; I suggest not confusing them with this. The eye wants to see more sights, the ear wants to hear more sounds... this is the function of ignorance and craving. Craving, also known as greed, in Pali is lobha. It's more similar to what we call desire. It's a driving force. But I still suggest not confusing...

Group Member 2020-09-20 17:51:28 @Wind? My brow bone jumps. In this situation, I feel, not get lost, not avoid. Why isn't it in the chest and abdomen energy center like everyone says? Is this situation also a physical sensation for me?

Wind 2020-09-20 17:53:22 Pay attention to the feeling in the chest and abdomen. Take it slowly. This is why you need the emotion chart. You need to locate your emotion.

Hui Xuan 2020-09-20 17:56:22 Emotions have an emotion chart, easy to perceive. Wants are really hard to distinguish; wait for the fifth video.

Wind 2020-09-20 17:56:56 Don't rush. You can perceive wants.

Group Member 2020-09-20 17:56:55 @Wind? Putting attention on the chest and abdomen feels blocked and uncomfortable, accompanied by very slight tingling.

Wind 2020-09-20 17:57:15 That's physical sensation. What is your emotion? Search on the chart.

Group Member 2020-09-20 17:57:52 Both fear and depression.

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Wind 2020-09-20 17:58:12 Which one can you feel more clearly now?

Group Member 2020-09-20 17:58:21 Fear.

Wind 2020-09-20 17:58:32 Can you allow yourself to feel the fear for a while?

Group Member 2020-09-20 17:58:35 Heavy. Probably.

Wind 2020-09-20 17:59:09 Can you let it go?

Group Member 2020-09-20 17:59:35 Yes.

Wind 2020-09-20 17:59:41 Willing to?

Group Member 2020-09-20 17:59:51 Willing.

Wind 2020-09-20 17:59:59 When?

Group Member 2020-09-20 18:00:08 Don't know.

Wind 2020-09-20 18:00:16 What's the feeling now? Do you feel like some released? Or still stuck there, unmoving?

Group Member 2020-09-20 18:01:31 Can't say clearly. Feels like heaviness and grief.

Wind 2020-09-20 18:01:48 Continue with the process just now. Allow yourself to feel for a while. Then ask yourself the three questions.

Group Member 2020-09-20 18:03:33 Seems easier to focus with guidance. Feels a bit cool now. Practicing alone, it's easy to get unclear.

Wind 2020-09-20 18:04:37 Is the fear from earlier still there?

Group Member 2020-09-20 18:06:20 There is deep.

Wind 2020-09-20 18:06:39 The usage of the chart helped me a lot before. First, many people say "no feeling." Looking on the chart, they can basically find that feeling. Then categorize it into one of the nine emotional states. After release, you can clearly feel the emotion moving up.

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Record it in "The Gains Book." The release method is very powerful. No need to use other methods to weaken it.

Wind 2020-09-20 18:34:58 He specifically demonstrated holding it like this, sideways, with apathy on top. Don't rush. Pay attention to the chest and abdomen. Then find your emotion on the chart. There's a lot of repetition later. As for content, there might be another paragraph later. Actually, they mainly keep guiding people to release. I just looked; there's not much important content later. Basically, students talk about what emotions they have about certain things, and then the instructor repeatedly guides them through the three questions. I can go directly to translating the second video.

Jing 2020-09-20 18:47:17 Wind. I'd like to ask you. For example, in the group, sometimes I really don't want to see some information. Does this count as something? What should I do to release it?

Wind 2020-09-20 18:48:29 Not wanting to see might be disdain, might be impatience, might be fatigue. You need to identify the feeling. Find the feeling, categorize it. Then allow yourself to feel it. Then just repeat the three-question process.

Wind 2020-09-20 19:00:50 By the way, let me mention one thing. Some theories are also important. I want to say, later they often use "powerless" to refer to apathy. I often find "apathy" a bit abstract. You can understand it as "feeling powerless" or "unable to move." In the video, they often say apathy, powerless. It's an emotional state: indifference, numbness, stagnation, vagueness, powerlessness.

Wind 2020-09-20 21:00:16 While translating, I'm essentially reviewing it myself, and it feels quite rewarding. For example, today I even noticed some lower emotional states I usually overlook.

Xiong Wei (xionwei916132) 2020-09-20 21:01:52 There's a good thing I haven't had time to translate. It's a US recorded interview, interviewing David Hawkins and a person in charge of a release method organization, talking about how he met the old man. Probably a 90s recording, very clear.

Wind 2020-09-20 21:03:26 I know this. Hawkins, the energy levels guy. In it, he seems to diss Lester Levenson a bit. I saw a passage where he dissed him, saying he later turned into an "evil guru" and started charging fees.

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Hawkins was initially his student. Had a very good relationship with him. You see Hawkins' energy level is basically borrowing from Lester Levenson's emotion chart.

Xiong Wei (xiongwei916132) 2020-09-20 21:06:16 Regarding him charging fees, he also seemed to explain that originally it was free, but later people didn't take it seriously. Hawkins later got all mystical; I dropped him too. He mystically measures people's energy levels you talk about. For example, you say what level is the group owner? Hawkins starts measuring: 100, 200, 300, 400, 500, 600, 500, 550, 530, oh you're 530. Mystical.

Wind 2020-09-20 21:07:30 Hawkins obviously copied Lester Levenson. He's much more famous than Lester Levenson.

Me 2020-09-20 21:08:05 There's such an operation?

Wind 2020-09-20 21:08:17 Don't mention Hawkins has this operation. Doesn't Larry Crane (Lawrence Crane) have it too? Larry Crane (Lawrence Crane) sells a measuring instrument.

Xiong Wei (xiongwei916132) 2020-09-20 21:08:34 Larry Crane (Lawrence Crane) does that too? That's measured by an instrument.

Wind 2020-09-20 21:08:46 Measures your resistance value through brainwaves. You buy a measuring instrument. The "BUTT System" is a course compiled by Larry Crane (Lawrence Crane). The reason for using the word "butt" is that Larry Crane (Lawrence Crane) quotes his teacher Lester Levenson's teaching: "Just sit on your butt and release, nothing else needs to be done, and you can achieve your goal." **The iCap Release Meter is an instrument that measures brainwaves. When you wear this meter during release, it displays the resistance level. Release the resistance, the level drops, and you can check your release progress. In his lectures, Larry Crane (Lawrence Crane) often promotes this meter and its benefits. The Chinese translation omitted these contents.** I still saw this in your public account article.

Me 2020-09-20 21:08:58 Forgive my ignorance; things are so advanced abroad...

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Xiong Wei (xiongwei916132) 2020-09-20 21:09:00 It's more reliable than this chanting. His "BUTT System" also requires you to buy some FCD thing, and explains what that thing is for. Chanting about it... once, someone measured a pastor, Hawkins measured 900, said that person was God [snicker]. Strange. The old man, from beginning to end, didn't say any specific method. Just told you to let go. He just knew. He knew what they allowed and how they operated. As for the process, etc., he didn't experience it; he had already passed it.

Wind 2020-09-20 21:10:37 Larry Crane (Lawrence Crane) is also quite funny. Resistance level... how to quantify? The old man said "sedona method" but he doesn't personally teach the release method. He designed the course, but to avoid students depending on him, he never personally led releases. He had instructors do it. He said three weeks.

Me 2020-09-20 21:13:03 There must be a method. Lester Levenson also said if he had known the method earlier, enlightenment would have been faster. This method is the release method.

Wind 2020-09-20 21:13:26 No, Lester Levenson clearly stated in the audio that the release method was created by him. The six steps are also his words. The release method is also his.

Xiong Wei (xiongwei916132) 2020-09-20 21:13:51 The six steps are his. But welcome, accept, allow to leave, he didn't mention. "Letting go" was mentioned.

Wind 2020-09-20 21:14:14 Welcome and accept are not his. Allow to leave is his. Mentioned in "The Way." This friend probably hasn't read everything. Later audios mention release method many times. release, use the release technique.

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Wind 2020-09-20 21:15:50 Also mentions "sedona method" and "allow it up and go." Also says go to your shit. Shit can provoke shit out, then you can letting go.

Me 2020-09-20 21:15:47 Wind, he is talented but too lazy. Waiting for him to translate something, takes months...

Xiong Wei (xiongwei916132) 2020-09-20 21:16:16 Yes, but didn't explain the steps carefully.

Wind 2020-09-20 21:16:31 That's the advanced course. "The Way" is for graduates of the Sedona Institute. There's a '92 release method video. That's the course Lester Levenson set up. After these graduates learned the Sedona Method, if they wanted to take an advanced course, Lester Levenson would come and talk to them. Hence "The Way."

Xiong Wei (xiongwei916132) 2020-09-20 21:18:08 Actually, the book "The Ultimate Freedom" is a compilation of recordings. It's just an induction; enough for reference. But there are no specific methods.

Wind 2020-09-20 21:18:43 "The Ultimate Freedom" only has early audio. The audio after he invented the release method is not included. Lester Levenson clearly stated that he organized his method into a system. Called the "sedona method." "The Way," "The Right Path." And some others.

Xiong Wei (xiongwei916132) 2020-09-20 21:19:39 Is there a method in "The Way"? I searched for a long time and found a method, and I even translated it. The group owner also posted it. The one about "little tendency."

Wind 2020-09-20 21:20:59 No, I mean, the method Lester Levenson mentions in "The Way" is the one taught at the Sedona Institute. They are advanced courses, so of course they don't cover basic methods. But in "The Way," he talks with Hale Dwoskin, the instructor of the release method organization at that time, and has him lead them in release. The context of this series is that it's an advanced course, for graduates of the Sedona Institute. Same with "The Right Path." He asks one of the students, when did you attend the course? Find this series. This is the release method of the Sedona Institute, recorded in '92. In '92, the Sedona Institute was still Lester Levenson's. Hale Dwoskin was his designated instructor. In "The Way," Lester Levenson addresses Hale Dwoskin as "workshop leader."

Me 2020-09-20 21:25:22 Is this woman also an instructor?

Wind 2020-09-20 21:25:30 Yeah, probably an assistant. Also a release method teacher. All the students attending the advanced course "The Way" had experienced "things dropping into your experience just by releasing." They had all experienced "change your thought, the external world changes instantly." This foundational difference is significant.

Me 2020-09-20 21:26:25 Also, there are materials saying a few released to freedom. Is there any material on those few?

Wind 2020-09-20 21:27:56 There's a woman I looked into. But I don't think she is free. She did a program on YouTube connecting with her. She never talks about the release method. It's all Hindu Satsang. I haven't seen any free students of Lester Levenson appear so far.

Me 2020-09-20 21:28:48 Might have had an experience of witnessing the truth. But not necessarily completely enlightened. Seems quite difficult after all.

Wind 2020-09-20 21:31:05 Not necessarily. According to that Englishman, after awakening, you might prefer to live in seclusion. Not necessarily come out as a teacher.

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So maybe some people became free through the release method, but all secluded themselves.

Mu 2020-09-20 21:32:06 Wind, you will become free.

Wind 2020-09-20 21:32:26 Hope so [Chuckle]. Several of his students sell various materials of his for money. Quite dizzying. Larry Crane (Lawrence Crane)'s organization sends me ads every day. Every single day. Larry Crane (Lawrence Crane) has passed away. Last year (2019) or the year before (2018). With this logo, it's after Hale Dwoskin went independent. You can tell from the trademark. Hale Dwoskin doesn't have it. He often posts videos on YouTube. He doesn't claim to be free either. When Lester Levenson was alive, many people released better than Hale Dwoskin. Lester Levenson seemed to have explained this. He determines based on a person's karma. Not based on who practices better. Some are suitable for working in the release method organization. Some learn well, but are not suitable. There's an anonymous sharer, an Englishman. He determines based on a person's karma. Not based on who practices better. Some are suitable for working in the release method organization. Some learn well, but are not suitable. There's an anonymous sharer, an Englishman.

Wind 2020-09-20 21:47:47 Karma exists in the form of habits. This is the same in Buddhism. Hale Dwoskin said he is not free. In a YouTube connection once, he said he still has some stones, inner stones not released. He used stones, sand, this metaphor.

Roller Coaster 2020-09-20 21:50:58 This book mentions that current release organizations are all about guiding how to improve life. Basically, they don't guide people to discover the truth and gain freedom. Look at the title of this book. He says Lester Levenson came back to Earth in another identity to preach. "Lester Levenson's Secret Comeback - Will I am - Karin Wettig.pdf" [Grin] [Grin] I bought the e-book for 40 RMB.

Wind 2020-09-20 21:54:22 Who wrote this book?

Roller Coaster 2020-09-20 21:54:48 It's Karin Wetting.

Wind 2020-09-20 22:11:42 So the statement that Lester Levenson died of cancer comes from here... The book the friend just shared. Actually, I don't care much about these stories anymore. There are quite a few rumors. I'll just release. Metaphysical things can't be argued to a conclusion. I studied Buddhism before, and everyone argued back and forth. Better to just practice. What really wastes time is asking those intellectual questions. Asking deliberately to get approval is not good. Not helpful to yourself.

2020-09-21 Wind explains releasing on goals

Wind 2020-09-20 22:32:36 Let me talk about something from today. Not really verification, though. Today while playing a game, I released before drawing cards. Then a fleeting thought: can I draw a legendary? Result: two legendaries, one golden legendary. I don't know if this counts as a miracle. Things like this happen commonly, actually. Often with small things, not with big things. Hearthstone.

Me 2020-09-20 22:39:14 Let me share one. A group member shared it. She released on money for a while. Suddenly one day, a middle school classmate gave her 30,000, saying that once in school he made a mistake that got this group member scolded by the teacher. He felt guilty and suddenly gave her 30,000. Then this group member happily shared it with me.

Wind 2020-09-20 22:39:20 This is simple in the release method. Thoughts create the material world. Feelings drive thoughts. Basic wants drive feelings. When you are in the agflap program, you generate destructive thoughts. My experience is, many things happen just right. But, not being in the subconscious doesn't mean they aren't operating. Even if they don't surface, suppressed deep within, they manifest in the material world. Thoughts are always active and operating, whether you look at them or not. They say subconscious thoughts also manifest. The only difference is whether you look at them. Manifestation is forcing you to look at them. Lester Levenson said, every release makes you freer, lighter, more effective. So it's unlikely that after release, manifesting becomes harder. My current feeling is that after release, doing anything becomes more efficient.

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Wind 2020-09-20 22:44:10 He explained that guidance: do everything to perfection. That is, get everything through release. Everything perfect, everything successful. That's the advanced guidance.

Qian 2020-09-20 22:49:09 But Lester Levenson secluded himself for three months. What challenges did he face during that process? The challenge of running out at night?

Wind 2020-09-20 22:49:26 Challenges exist. Challenges come from intense, dark emotions within. But those were always there; you just refused to look. Think about it, what happens when you release the sense of lack of control? You are more able to control. This is the most intuitive feeling of freedom. Release the want, and you feel you have it.

Guidance of Wisdom 2020-09-20 23:02:28 Doesn't the release method have that emotional energy level chart? How are you all doing with it, seniors? @I am Infinite? @Wind

Wind 2020-09-20 23:02:44 Not doing well at all. Haven't reached cap yet. Often still in agflap.

Guidance of Wisdom 2020-09-20 23:04:12 Compared to before you started releasing, no obvious change in emotions?

Wind 2020-09-20 23:04:22 There's obvious change. I remember two years ago (2018) was my peak. Then I stopped for a very, very long time. Just didn't want to release. Wanted to stay in that beautiful state. Then soon those negative emotions came back. Still didn't decide to go all the way to the end. Manifestation, I don't want to play with anymore. I've seen too much. But my current feeling is very bad. Because I've experienced a relatively high state before, after falling, I'm tormented every day. It's very uncomfortable.

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Wind 2020-09-20 23:07:20 I wasn't that high either. I think most of the time I was in cap. But I knew there was a lot of garbage underneath I hadn't released. Didn't want to look at it. That was two years ago. After stopping release, this relatively good state only lasted a few months, then returned to the original state. The mind became noisy again. To use a crude metaphor, it's like a pig in a pigsty. After eating fresh food, it no longer thinks swill is delicious. Coming back to eat swill is much more uncomfortable than before, when it didn't know fresh food existed. I always stop. But I do realize the mind is a garbage dump. If you live your whole life in the mind, how tragic it is. Coming and going, it's the same desires and reactions. Very programmed. Lester Levenson says 95% of people are in the agf level. Called "state of having." state of having. The mind I'm talking about is mind. You can also translate it as psyche. Lester Levenson uses the word "mind" to refer to the collection of desires, emotions, thoughts.

Guidance of Wisdom 2020-09-20 23:09:40 Desires drive emotions, emotions drive thoughts. According to Lester Levenson, emotions are survival programs. To maintain survival, you developed these programs. Why call them programs? Because they operate automatically. Driving subconscious thoughts in the background. Thoughts are not free. Because driven by subconscious programs. For example, in an emotional state of anger, you cannot generate a thought of acceptance. Not unless you release the anger. Or you suppress it. But the thoughts generated after suppression are not acceptance. They are the emotion of "helplessness" you mistake for acceptance. Pushing the emotional state even lower. According to Lester Levenson, the only thing with power is the true Self. Everything else is power you give it. The power of thoughts is given by yourself. I'd better use the original words; I'm better at memorizing texts.

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Wind 2020-09-20 23:18:01 I can translate directly. "So what is a powerful thought? A powerful thought is a concentrated thought. The more concentrated a thought is, the more powerful it is. A concentrated thought must also discard other irrelevant thoughts. To have a powerful thought, the best way is to release your ego, release the feeling of 'I have this,' 'I have that.' Then say, 'Yes, there is only one perfection, and this perfection includes this body.' Release this world, release your thinking, see your mind as your biggest obstacle. Whether you are aware of your mind or not, it keeps turning non-stop. When you are not aware of it, it operates at the subconscious level. You have trained yourself to think constantly; your mind is always spinning in thoughts. You have given too much importance to thinking. The importance of thinking is also unconscious, so it's hard to release it. The importance of thinking is also the obstacle to concentrating your thoughts." It's not that scattered thoughts don't manifest; it's that you cancel them with opposite thoughts. For

example, you think "I have money." This thought would normally manifest. But you immediately generate the thought "How is that possible?" and you cancel it. But all thoughts manifest; no problem. Let me find the original text for you. "Step one, consciously control matter. Whether we realize it or not, we are always controlling matter. It's impossible not to be a creator. Everyone creates every day. The reason we can't realize it is because we don't look at it. We manifest or create everything we have. Every thought, every single thought, manifests in this material world. If after a thought you think in the opposite direction, with equal force, the thought becomes invalid. Any thought, if not immediately reversed and counteracted after it's generated, will manifest in the future." Every thought, every single thought manifests. It's just that you cancel it yourself. The sole function of the mind is creation. "What we diligently seek to create, we are actually always doing, just not realizing it. All we need to do is consciously guide it. Everything everyone encounters in life is creation. If there is no thought beforehand, it will not manifest in reality." So-called cancellation means thinking in the opposite direction with equal force. I don't play with these anymore; only use them as theoretical support. Now I only practice the release method. Equal force is simple. There's a passage in the autobiography. "We should think in a positive way. I often tell people: 'Give me the opposite of the negative thing you're thinking about.' And they can't do it. The difficulty lies in habit, but you can change a negative habit into a positive one. It's about giving a positive thought more power than the negative habitual thought, which will overwhelmingly kick out the negative thought. A powerful

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thought can instantly kick out hundreds of negative thoughts in the subconscious. What determines the difference in the power of thoughts? It's the amount of resolve, determination, or willpower you put behind the thought." resolve, determination, willpower. Actually, according to Lester Levenson, willpower is something you have if you want it. But this is only in the early teachings. There is a very clear dividing line between Lester Levenson's early and later teachings. For example, let me quote a passage. Lester Levenson's early teachings strongly emphasized the positive way. But the release method clearly belongs to the negative way. For example, there's another passage later. "A: It is necessary to do this from the beginning; it allows you to progress quickly. Then, after making some progress, you have more motivation to do so. There are two ways to grow: one is to clear the mind, the unconscious; the other is to implant positive thoughts, to see who and what you are. Q: When you implant positive thoughts, do the negatives still seem to operate? A: Sometimes. But when you see your true existence, you will burn away those negatives. You will say, holding onto pain and misfortune is just too stupid. You will start to burn it away. There will be inertia. If I say hot, you think cold, right? I say up, you think down. That's the nature of thoughts. But this doesn't mean that knowing our own positive characteristics cannot eliminate the negatives, because we can eliminate them." You see these passages. Lester Levenson is constantly saying there are two paths: one positive, one negative. But he prefers the positive. This is the significant difference between early and later teachings. Later, after the release method system was established, he only mentions "release" in his audios. Even in "The Right Path," when a student mentions his early advocacy of focusing on the "What am I?" question, he tells the student to release. But in the autobiography, Lester Levenson most highly recommends this method. "If you can raise and hold onto the question 'What am I?' until the real you reveals itself, then this is the fastest way to total freedom. I have yet to meet anyone who has done it. If you can stay with 'What

am I?' twenty-four hours a day, excluding all other thoughts, you could do it in just a few weeks. In any situation, no matter what you are doing, you must keep the question 'What am I?' behind the mind. If you can't do that, then the next big method is to unload your ego sense. When the ego disappears, what remains is the infinite you. If unloading the whole ego at once seems too difficult initially, start by unloading its effects: your tendencies, traits, likes and dislikes. Anyone can easily unload their tendencies and traits if they truly want to. As I said before, start with smaller items and then work towards bigger ones. Simple tendencies like walking on the right side of the road can be changed to walking on the left; the tendency to sleep eight hours a day can be changed to six hours a day, etc. Habitual tendencies do not need to be completely eradicated; just a short time to show who is master. The tendency to seek approval is a bigger one. Everyone's attention is occupied by seeking approval. Everyone does this; it's a sheer waste of time and energy. Let's put it this way: when you are seeking, whether you use the ultimate question 'What am I?' or unloading the ego sense, or dissolving tendencies. Isolation from the outside world is necessary, to be still. Isolation helps quiet the mind. But isolation can be achieved in a big city or anywhere; I secluded myself at 116 West 59th Street in the center of New York City. It is possible to grow daily through all our different relationships and encounters; we are here to grow, not to be tested. This is not a testing ground; it's a place of learning." So, in summary, I finally concluded that the direct method taught by early Lester Levenson is unusable for most people. The difficulty is too high. Therefore, Lester Levenson gradually lowered the difficulty until he created the release method system suitable for everyone. Lester Levenson's final question was "What am I?" The so-called ultimate question is the question everyone must face in the end. I don't care what this question is. Because I used the method from "The Ultimate Freedom" for a long time. It did nothing for me. Asking "What am I?" like contemplating a koan. Later I found I'm not cut out for it. So I honestly studied the release method.

Me 2020-09-20 23:51:26 I tried it too; it was somewhat useful. During meditation, it made my attention very focused.

Wind 2020-09-20 23:51:37 Then that's just focusing attention. It works at the very shallowest level. "Meditation that quiets the mind is good. Meditation that releases ego desires is better. Meditation on 'What am I?' is best." See this passage. The comfort after focusing, I experienced it when practicing Buddhism's "Anapanasati." But that was "surface calm on a volcano."

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Let's put it this way: focusing attention is actually a form of suppression.

Me 2020-09-20 23:55:19 One thought replaces ten thousand thoughts. When finally only one thought remains, you can witness the truth.

Wind 2020-09-20 23:55:35 This I understand. As said in The Ultimate Truth, the mind concentrates into a beam like an X-ray. Of course, when you witness the truth, you release the whole mind. I understand this intellectually. But I gave up halfway, which basically equals suppression. So for me, this is suppression or avoidance. I think better not. Because Lester Levenson stopped students from doing this. He told the student to continue releasing the

ego. The ego is very cunning. Can't the release method reach the destination? Why stop? If you are continuously releasing, why switch to another method? Simple, because you're avoiding release, right?

Me 2020-09-20 23:59:24 Right.

Wind 2020-09-20 23:59:26 So, if you release deeply, you should continue releasing. Not switch methods. I firmly believe the six steps can reach the destination.

Me 2020-09-21 00:02:26 Good, I also firmly believe and will continue releasing.

Wind 2020-09-21 00:03:39 In later teachings, no matter what the student said, Lester Levenson would circle back to continuous release. The student talked for a long time about "I ask myself what am I xxxxx..." Lester Levenson ignored her and continued talking about release. So looking at early and later teachings separately, he clearly has a difference in attitude. Although the content isn't contradictory, the early teachings weren't systematic and mentioned some different methods. Later teachings only mention release. This is also where I was confused, because those materials are somewhat messy. It took me several years to sort it out. Listened to some audios. Audios from different times. When I first encountered the release method, I met some "fundamentalists." Some even used "The Ultimate Freedom" to oppose the release method. They thought Lester Levenson's release method was like it was in "The Ultimate Freedom."

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Wind 2020-09-21 00:06:50 It's still a case of not having seen enough materials. "The Ultimate Freedom" often recommends "What am I?" and also recommends positive thinking. Later I listened to the '92 release method course. In it, he explicitly opposes positive thinking, saying it's useless. It's like putting good apples on top of rotten ones, covering the garbage below, but the garbage below is still there. The '92 release course, from a few years ago, should be similar. This is considered a basic course. I think the real release method, using this basic release course, plus "The Way" and other advanced courses, these two materials are probably enough.

Me 2020-09-21 00:13:13 The original flavor release method.

Wind 2020-09-21 00:13:58 Among those who previously studied "The Ultimate Freedom," none seem to have progressed. This thing is simply not practicable. At least for most people. I don't deny that maybe one or two geniuses can directly operate "What am I?" But I haven't met any. Actually, before I encountered the '92 release course, I had listened to "The Way" and other advanced courses and really wanted to reconstruct the basic course. I thought it might be lost. So I looked for overlapping parts in Larry Crane (Lawrence Crane) and Hale Dwoskin's books. My thinking was simple: parts that are inconsistent on both sides are probably their additions. Parts that overlap on both sides are probably what Lester Levenson taught. Later, when I came across the '92 videos, I thought it was great that the original version still existed.

Yi Ming 2020-09-21 00:28:44 Everyone's habits and dispositions differ. What suits oneself is good. Whether it suits others or not is unimportant.

Wind 2020-09-21 00:29:08 Yeah, I'm saying I can't use it. If others can, they can try. Saying I can't use it doesn't mean it's useless at all. Let's put it this way: I used to practice "Anapanasati" in Buddhist practice. Shamatha (calm abiding). The feeling I got from using "What am I?" was similar to when I practiced meditation. And the effect was not as good as following the breath. Following the breath brings tranquility, joy, access concentration... all of these. Focusing on "What am I?" gave me the same feeling.

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I can't fool myself about this. I was just focusing on it as an object. I couldn't grasp that method, so I dropped it.

Me 2020-09-21 00:33:09 What about what I have? @Wind

Wind 2020-09-21 00:33:20 This is nothing special. Coarse dwelling, subtle dwelling. Many such conditions occur. The Abhidhamma and Consciousness-Only schools have detailed explanations. But this belongs to samatha (calm abiding). Following the breath easily brings tranquility. Not yet entered absorption. Entering absorption is jhana. Before that, you go through access concentration, momentary concentration. Then you can enter fixed concentration, commonly known as samadhi. But cultivating only samadhi is useless. It's focused on conceptual objects. There's a Buddhist concept here; I'll try to explain simply. Focusing on ultimate reality cannot lead to jhana. Because ultimate reality is impermanent. So insight meditation cannot lead to jhana. Jhana requires the mind to focus on an unchanging object. This object can only be a product of conceptual reality. Conceptual reality, as opposed to ultimate reality (in Pali, meaning "indivisible"). That is, if you truly observe body and mind as they are, you find they arise and cease moment by moment. Then you cannot focus on any single object, so you cannot enter jhana. Therefore, practitioners in Theravada Buddhism are divided into two types: those who practice both calm and insight, and those who practice insight only. The former use calm meditation to cultivate concentration, then cultivate insight to attain liberation. The latter cultivate insight meditation directly.

Yi Ming 2020-09-21 00:40:25 Is the observer also observed? Or does it observe the observer?

Wind 2020-09-21 00:41:03 Theravada Buddhism doesn't talk about these things. This is something Northern Buddhism likes to discuss.

Yi Ming 2020-09-21 00:41:28 The Shurangama Sutra has already explained it clearly.

Wind 2020-09-21 00:41:36 The Shurangama Sutra is Northern Buddhism.

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Yi Ming 2020-09-21 00:41:50 Seeing the nature is unchanging. Awareness and clarity are wisdom.

Yi Ming 2020-09-21 00:42:18 Southern Buddhism is Hinayana; the highest attainment is Arhatship.

Wind 2020-09-21 00:42:56 I've studied all this, but abandoned it. I put effort into both Northern and Southern Buddhism. Now I focus solely on the release method. To study Southern Buddhism, I learned some Pali. All useless. You don't need to understand it. It's just a detour during the exploration period. But objectively speaking, Vipassana is somewhat useful. But for me, it's not as useful as the release method. I tried many traditional and contemporary methods and very pragmatically chose the one that works best for me. Other things are set aside. Previously, when talking about the release method, I liked to quote extensively, just for more conversation material. From pre-Qin philosophers to Buddha and Christ. Later I found this was all just adding drama. Now when discussing the release method, I only use the theory of the release method itself. I resolutely do not mix.

Me 2020-09-21 00:51:50 Right. I also insist on this. Because I've seen many people mix methods, and as a result, they don't really understand any of them.

Wind 2020-09-21 00:53:00 Actually, I made progress with Vipassana too. But that progress isn't like the release method. With the release method, you know at every moment whether you're progressing or not. The feeling of release is so clear.

Emilie 2020-09-21 00:54:01 What is happiness? Simply put, happiness is becoming yourself. Not the limited self you mostly play, but becoming the infinite self that you "originally are" and "always have been." It can effortlessly manifest all things in your experience, while allowing all things to exist, shining radiantly behind them, unmoved. You might wonder, if this is true, why is it still so hard to be happy, and why do so many books, including this one, discuss the topic of "happiness"? The answer is not as simple as one might think. Life after life, we have been playing various roles, not the infinite self. In fact, we are so deeply invested in the limited roles we play that we completely forget this is just a game, an illusion. Most of our time is spent reinforcing the illusion we created, and very little time is spent turning inward to help ourselves break free from self-imposed, limiting illusions and gain freedom. Confining the "infinite being" to a specific body-mind, this illusion consumes enormous energy, which is why we often feel exhausted. We can use infinite energy to obtain happiness or discover our true identity; however, instead, we use this energy to make ourselves and those around us believe that we are limited and have our own problems.

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Wind 2020-09-21 00:55:28 Well translated [Strong].

Wind 2020-09-21 00:56:33 I don't want to translate this. Because this is clearly Hale Dwoskin copying a passage from "The Ultimate Freedom" and adapting it. I've read this book. It's called "Happiness is Free and Within Reach." Much of its content is from "The Ultimate Freedom." So Hale Dwoskin says this book is co-authored by him and Lester Levenson. Things that aren't very practical, I filter out. The early courses are very practical.

Suitable for those who particularly want freedom. As for adding positive thoughts, generally, it only has the opposite effect. The release course specifically mentions this. Positive thinking equals covering up underlying emotions. Here are two suggestions: feel, don't think. Feel them, don't think about them. The second is to use the emotion chart to categorize and sort emotions.

Mu 2020-09-21 07:53:14 So much. If all this mess could be packed and thrown away, that would be great.

Wind 2020-09-21 07:53:38 It can be done. "Of course, another reason we don't want to see our subconscious is because it's all mixed up. One purpose of this chart is to help you separate them. When you have a mind, a subconscious mind, you'd better organize it like this; your feelings are organized and operate like this. Removing the fog makes it easier for you to be aware of what the feeling is at the moment, and then you start to know what to do. Now if you notice there are many categories here: apathy, grief, fear, lust, anger, pride, fearlessness, acceptance, peace. Under each category, there are many feelings. What we are going to do in this course is, when you become aware of whatever feeling is present, it may not necessarily be apathy, grief... If you don't perceive it that way, what you do is trace it up to these categories. The reason we do this is that every time you release a little bit of grief, you release all the feelings underneath it. So releasing grief is much more powerful than releasing those individual feelings underneath. When you trace these lower feelings back up to this emotional category and release that category, you'll find you move up faster."

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Wind 2020-09-21 07:55:27 Categorization is tracing up emotions. After you learn to release wants, you trace up to wants. I won't mix them up for discussion. From the perspective of release method practice, adding positive thoughts is a useless way of avoidance. There are many ways to avoid. The method in the second video: think of specific situations where you suppressed emotions, write them down, write down your emotions, and release. Then think of specific situations where you expressed emotions, and do the same.

Gan En Yi Qie 2020-09-21 08:14:50 Wind, are you handsome or beautiful?

Wind 2020-09-21 08:15:34 Male. I looked at the second video again. Actually, not much content. It just talks about the use of two pages in the workbook. The rest is long guided sessions.

Wind 2020-09-21 08:25:51 The release method was indeed very simple initially. identify the feeling. Feel the feeling. Could you let go? Would you? When? I'll translate the fifth video directly. The first few are about using the workbook, including setting goals. The fifth one starts releasing wants. Without setting goals, you push your wants deep into the subconscious. Setting goals allows them to surface. This point is different from what many people think. A superficial 'no desire' is not true no desire. It is the result of suppressed desires. Well, you can find this emotion on the emotion chart.

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The basic use of the emotion chart is actually very simple. The earlier parts are really for beginners. After you're familiar with release, you still need to trace everything back to the want to control and want for approval. The release course says this too. According to my understanding, the setup of the earlier courses is actually to make you more in touch with your emotions. Because ordinary people are too prone to ignoring their emotions. The instinct to suppress is too strong. So they use several methods to get you to notice your emotions. For example, in the first lesson, Hale Dwoskin later gives an example: you have certain peculiar habits, like eating, smoking, playing games. Behind all of these are emotions. Before you are driven by these habits, release first. The second video talks about suppressed feelings and success. It asks you to consciously recall when you suppressed emotions. This is about allowing the subconscious to surface. Why do they discuss success? Because people suppress many emotions on the topic of 'success.' The next video should be about goals. Goals make it even harder for you to avoid emotions. I remember many people say they have no desires or wants. But ask them, "Don't you have anything you want to achieve? Don't you have anything you want? Don't you have anything you want to change?" They think, and it turns out they have quite a few. Looking deeper, they see that behind them are all emotions. So the importance of goals is to draw out those suppressed emotions. This point was made by Lester Levenson in his audios. So the first four videos repeatedly get you in touch with the emotions in the corners. The fifth video really deepens the method. Look at the "want" behind your emotions.

Yi Xuan 2020-09-21 08:52:12 @Wind? I can't feel grief, apathy, these things. Probably suppressed too deeply, because I need to be strong, not allowed to have emotions.

Wind 2020-09-21 08:52:23 Vague, stagnant. You can find these two feelings under "apathy" on the emotion chart. They are also a kind of apathy state. Regarding goals, the fourth video puts it like this: Write down your goals (in the present tense). Then look at your goals. Release the first feeling you have about the goal. That's it. Simple. After releasing the first feeling, look at your goal again. Release the first feeling at this moment again. Until you feel the goal has been achieved. Note: "has been achieved."

Me 2020-09-21 09:01:45 @Wind? Can't wait for releasing on goals; that video must be translated in detail [Covering face][Covering face][Covering face].

Wind 2020-09-21 09:02:19 Actually, I've already recounted almost all the content above. The rest is just repetitive guidance. The original release method is really simple. I can translate their wording. That's my summary version. I used to set goals and release many times. Now I rarely set goals because I find I don't really want much. Let me share my experience with the goal process. "Goals are a method that allows you to release continuously. You look at the goal. As long as you don't deceive yourself, a lot of feelings like 'impossible' will emerge. Of course, also some anger, grief, and such. All kinds of emotions. Release them one by one according to the process. After release, there is a clear, certain feeling of 'knowing' it's mine." That is, looking at the goal, an emotion pops up, release it. Look at the goal again. Is it in the "already achieved" state? If not, it must be want to control and want for approval (emotionally: powerlessness, lust, anger, fear, etc.). Release the top feeling again. One by one until all are cleared. My personal experience is, if you continue like this, you will reach a state of "I am very confident the goal will succeed." But this state is not enough. This state still needs to be released. This should be around pride and fearlessness.

I've tested the goal process many times. Generally, under this "I believe it will definitely succeed" emotion, there are many more subconscious emotions. After release, many more emerge. What is the feeling of a truly completely released goal? It is the moment you "know" (without thinking, without believing) the goal is already yours, very clear and certain, as if it's right in front of you. At that point, you don't want to do anything to get it, because you are completely sure it's already yours. I usually don't think about it anymore then.

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Then it comes naturally. This goal process works almost every time. You can start with small things. Lester Levenson said, if you cannot be a winner, that feeling of frustration will accompany you forever. So once you set a goal, you must achieve it. Therefore, don't set it too big at first, so you don't get discouraged. By achieving small goals, you accumulate momentum for release. Each success, write down the gain. This way, you will become more and more proficient in using the goal process.

Me 2020-09-21 09:16:21 I haven't actually achieved anything through release. But surrendering works; surrendering sometimes works, sometimes doesn't.

Wind 2020-09-21 09:16:38 I was the same. Then I listened to Lester Levenson's audio and discovered I had a limiting belief. "I cannot release on a goal until it manifests." This was accompanied by previous feelings of frustration. Lester Levenson said in the "Winner" video: "You must be a winner, even if just to draw out subconscious aversion, you must be a winner." You shouldn't keep that feeling of "frustration," that feeling of "I can't," in the subconscious. In any matter. Because I found that when people first start releasing, they are all ambitious and want to achieve goals. But due to impatience in practice, they release midway and accumulate a lot of frustration. After that, they develop the idea, "Being too attached to the goal makes release get stuck." Have most people had this thought? Later I realized this limiting belief is wrong. You are actually saying, "I cannot achieve the goal." And "I cannot" is a feeling of frustration. apathy. Individuals, in the course of practice, invent many limiting statements. And Lester Levenson never said this. So in later audio, I often see Lester Levenson correcting students' limiting statements. The so-called "goals will hinder your release" is not true; it's your frustration (sense of powerlessness) hindering your release. Goal setting is part of the Sedona Method process. Its purpose is to draw out emotions and basic wants hidden by you. A person who has truly experienced perfection and desirelessness is another matter. But if at the beginning of release you avoid goals and want these things, you are not releasing them; you don't want to look at them, suppressing them deeper. Lester Levenson's release method has formed a very practical, step-by-step system. Some tools you might use are introduced in the release method.

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Wind 2020-09-21 09:18:54 But "change your 'I can't' into 'I can'" is very important. Look at the emotions behind the goal, trace them up to want to control and want for approval. Just let them surface, let them leave. Repeat this process. These processes are designed to help you release continuously. The so-called goal process is a way to provoke suppressed emotions and desires in the subconscious. If you yourself are in a very troubling emotion, it's very obvious, then you don't need to operate the goal process first. Release what you can

perceive. Just release. Metaphysical discussions aren't very helpful. Release, and you'll clearly understand what's going on. I mean intellectual questions. Those questions just try to fill your knowledge with a kind of intellectual statement. In this complete system of the release method, all problems can be solved by releasing. Regarding metaphysical discussions, it should be said this way: no matter how many definitions we give to "truth," it is not truth itself. Release, then experience it yourself. This is more useful than discussing it with the mind ten thousand times. "The Ultimate Freedom" is not necessary; it's a collection of early audio. Personally, I think later audio is more important, directly related to the release method.

Group Member 2020-09-21 12:45:08 Was "The Ultimate Truth" written when Lester Levenson was alive? I saw it in "A Love Story."

Wind 2020-09-21 12:45:32 Yes, "The Ultimate Truth." This little pamphlet.

Group Member 2020-09-21 12:46:00 So "Freedom from the Bondage" is also, right?

Wind 2020-09-21 12:46:19 "Freedom from the Bondage" was written by someone else. But based on content narrated by Lester Levenson. Love is the natural instinct of the true Self. Covered by "non-love." Release those "non-love" feelings, and you can love. release the non-love feelings.

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Group Member 2020-09-21 15:18:14 Why does the feeling "I can't" belong to the "apathy" emotion?

Wind 2020-09-21 15:23:43 Apathy, powerlessness, indifference are in one category. Let me give you a method to distinguish. According to Lester Levenson, these emotional states represent different energies. This is based on your level of suppression. What is apathy? Translated, it means "indifference." It means I can't do it, powerless, and no one can help me.

Wind 2020-09-21 15:28:41 So the only option is to withdraw, to not look at it. If you feel helpless, but hope someone will help you, that is grief. If you don't even have this hope for help, just want to retreat, that is apathy, "indifference." This is the clearest distinction I have, because I don't know who created this chart.

Mu 2020-09-21 15:35:13 Don't look for reasons. Just experience the grief. Analysis detours around it.

Wind 2020-09-21 15:36:25 Not analyzing is right. The parable of the poisoned arrow: you've been hit by an arrow, the key is to pull it out, not to see who shot it or where it came from. This analogy works too. So you need the help of the chart at first to help you discover what the current feeling is.

Yi Xuan 2020-09-21 15:41:46 When I look at the chart, I have no emotional feeling either. Seeing people heartbroken over breakups, I just feel mockery.

Wind 2020-09-21 15:44:50 Mockery is pride. Actually, you don't need to analyze too much. Suppose your current feeling is vague. Feel the vagueness directly.

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Wind 2020-09-21 15:46:28 Then, could you just let it leave? Willing? When? Look at this vague feeling again. If it's still there, continue allowing yourself to feel it. Then ask: Could you? Willing? When? Look at the feeling again. Repeat the operation. Keep repeating until you feel a dissipation of emotional energy, a release, a feeling of lightness appears, and the emotion has clearly moved up a lot. That area no longer feels vague. This means you have released the emotion. The process is just to constantly feel it, go through the steps. No need to analyze the cause, no need to force, no need to understand.

2020-09-22 Wind translates and explains "The Way 2" and the '92 release method course 5, discusses a love story, discusses some people's tampering with the release method

Wind 2020-09-21 21:48:18 I'm translating "The Way Part 2." There are a few sentences in this part I also don't understand, so I'm just trying to faithfully translate them as they are. Lester Levenson: "Don't do half-done work. When you find a free person doing things, whatever the free person does, he (she) will naturally do it perfectly. I can start giving it to you now. Every time I postpone, you all want to kill me. (Laughter) I can always point out those things you are doing that keep you in the wrong direction of limitation." The last paragraph I've translated so far, I really don't know what he's talking about. Student: So your action is? Lester Levenson: "How about using a dog as a precaution? Who can make them stop and say, 'I am a dog'? Why don't we put an electronic system there, put up a sign 'Beware of Dog,' and when they walk in, they will break an electronic beam, which will emit a very loud noise. This must be recorded from a real dog..." Look at this later part... Even more confusing. I've listened to this part many times, never paid attention, just skipped it because this part is a bit chatty.

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Everyone is chatting and laughing. "Okay, I think we can stop because I've told you too much. Keep it simple. Now I tell you 'what you are.' If you can't do something about it, stop looking elsewhere, put yourself into being..." OK, I finished translating. The latter part is simple. Today I released and got over a big hurdle. Nothing much, just an event I'd been releasing for a long time: my girlfriend passing away. Thinking about it again now, I can only feel warmth and love flowing, without sadness or regret. It's quite cleanly released on this topic. I cried before; this time not.

Sister YUYU 2020-09-22 07:15:04 Releasing the fear of death directly means pulling out the roots completely. Is releasing this directly trying to reach the sky in one step? Can I start with this?

Wind 2020-09-22 07:15:54 You can try. But generally, at the beginning, you cannot feel the fear of death. It's at the very bottom. Anyway, I usually don't see it. Only after continuously

releasing the want to control and want for approval for a long time did I glimpse it. Releasing the fear of death leads directly to freedom. it's finished. Releasing the fear of death eliminates the entire mind. What remains is the true Self. No need to seek anything else.

Hui Xuan 2020-09-22 07:34:20 @Wind? Eliminating the entire mind, is that connecting with the true Self or merging?

Wind 2020-09-22 07:34:46 You are the true Self. In fact, Lester Levenson said he only dared to directly face the fear of death in the third month. His "old friend."

Wind 2020-09-22 07:46:14 I'm now translating the fifth video of the '92 release method. Because many people ask how to release wants.

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"Next, we move to the second stage. We are going to take release a step further. So far, we have felt our current feeling, traced it up to apathy, grief, fear, lust, anger, and pride, as well as fearlessness, acceptance, and peace, and then let it leave. I'm sure you can see the great benefit of releasing your current feeling. What we are going to do next will greatly enhance your ability to release... In fact, you will notice your wanting approval and wanting to control popping up, and whoosh (the instructor makes a quick spreading motion with both hands), it leaves. This is natural. Letting go of wanting to control and wanting approval is a very natural part of us – when they are identified by you..."

Me 2020-09-22 10:20:17 Today, I finally started seeing every thought as one of the three basic wants. If a thought is about a person, it must involve wanting approval. If about a thing, it must involve wanting to control and change. That is, from now on, any thought in my mind can be released; they are all threads for release.

Wind 2020-09-22 10:22:34 It should probably be traced from emotion to want. Tracing from thoughts might have some issues. After becoming very proficient at releasing wants, you can quickly perceive wants. But for beginners just starting release, it's not advisable to trace wants from thoughts. It's recommended to trace from feeling. Because many people mistake suppression for release. For example, with a thought of wanting approval, many people might operate like this: "I don't want approval anymore," and then suppress it. I've just seen this situation; it's quite common. Because releasing "want" itself is deeper release. But many people do it shallower than releasing emotions, staying only at the level of thoughts. So the release method course first has you perceive emotions, then trace up to wants. I think this process is still necessary. Having beginners jump directly from thoughts to wants is likely to lead them astray. Of course, after you're familiar with release, you can distinguish. I've had this experience. In the past, I often released "wants" in my mind, but it actually became shallower. I only learned later how to release the "want" more deeply; it was clearly a deeper release experience, and only then did I gradually become familiar. I'm talking about this based on my own learning process and experience. It's a personal opinion. Those who can use it directly are even better. I think the system of the release method course is very rigorous, step by step.

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Actually, there's no need to realize too much on your own and modify the method. Just follow the course setup step by step. The period when I followed it exactly was the time I progressed the fastest.

Me 2020-09-22 11:20:46 @Wind? Note that directly releasing the three basic wants, without changing any method, is something that comes naturally after releasing to a certain point. Lester Levenson should have direct explanations. For example, Lester Levenson himself directly released the three basic wants; he didn't specifically go through emotions.

Wind 2020-09-22 11:20:58 Of course, in the sixth, seventh, eighth videos, it's basically directly releasing wants. But there's one point: it's to feel the wanting. be aware of it.

Me 2020-09-22 11:21:49 Right, you must truly feel that want. It's in the background of our usual state, just not observed.

Wind 2020-09-22 11:22:11 But the process of letting people experience this cannot be skipped directly; otherwise, it's easy to go astray. Lester Levenson mentioned that the release method is suitable for everyone. You might have a stronger talent for release and don't need these processes. But my release ability was developed by going through these processes, slowly practicing. So I know that for beginners doing those things directly, it's easy to fall into the mind. At that point, you might not even feel anything in the chest and abdomen, the feeling center. The feeling is in the head. This kind of release in the head is not even as deep as the previous emotional release. I knew I was doing it wrong.

Chen Yuting 2020-09-22 11:27:46 Right, I've always wanted to ask this. I don't feel much in the chest and abdomen; it's all in the head. What to do? Continue releasing? For example, yesterday I was releasing resentment towards someone. I felt nothing in the chest and abdomen, emotions were very calm, but the resentment was obvious. So I didn't know how to release [Covering face]. For the three basic wants, I can easily tell which one it is, but I just don't know how to release [Covering face]. Because the body has no feeling, emotions have none either.

Wind 2020-09-22 11:28:02 Pay attention to the chest and abdomen area. Try to feel there more often. Take it slowly. You'll increasingly experience the location of emotions. When communicating with different people, you have to speak at different levels.

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For beginners who even have difficulty feeling emotions, I can't mislead them with my experience of releasing for a long time. Better to follow the course setup. Can you feel the resentment? If yes, feel it. The chest and abdomen just help you experience deeply.

Chen Yuting 2020-09-22 11:31:47 Resentment is in the head. Right, it's behind a veil. Resentment should belong to the control category.

Wind 2020-09-22 11:33:32 I suggest perceiving the want from experience. Because analysis doesn't actually help you become more aware. Analysis is in the head.

Chen Yuting 2020-09-22 11:34:47 The key is, during release, I can't experience the resentment through feeling??

Wind 2020-09-22 11:34:58 That is the key problem. So, I can only suggest, feel your feeling as much as possible, then ask yourself those questions. Then return to your feeling. Try to feel through the chest and abdomen as much as possible. Don't rush. As long as you keep doing it, you should experience it. Also, analysis is useless, because I've been through it. I analyzed the relationship between emotions and wants for a long time, could even write a thesis. But still couldn't feel release.

Me 2020-09-22 11:38:32 His problem is not feeling the emotion. This is the most basic problem. That is, you need to learn to crawl. Then learn to walk, learn to run. If you can't feel, how to release? How can he understand "releasing the want behind it"? First, let the consciousness understand and experience what release is? Let release become an experience that can be understood experientially. Not just a concept. That's how I think.

Chen Yuting 2020-09-22 11:39:30 Just to confirm again, is that feeling in the chest and abdomen not a physical sensation?

Wind 2020-09-22 11:39:53 It will be accompanied by physical sensation. But there is also emotion.

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I'll translate a few more paragraphs of the guidance from this video; it's quite important. This can be said to be the release method used later. It's the method for releasing basic wants. By the time the release method course reaches releasing wants, there aren't that many question prompts anymore.

Xia Shan 2020-09-22 11:51:56 This morning I tried releasing. At first, I felt something in the chest and abdomen. Doing it once, it felt like a cloud of energy gathering and moving a bit. Later, at the throat, it felt blocked and stuck. It didn't feel like it left or anything else. Does this count as feeling a little? [Covering face] @Wind?

Wind 2020-09-22 11:53:47 Continue operating the process. This doesn't count as experiencing release either. Don't have too many imaginations and expectations, just do it. When you experience it, you'll know what it is. Because I was stuck at this entry stage for a long time. Back then. Sometimes wanting to go too fast actually makes you go slower. Just honestly follow the process.

Lucky Star 2020-09-22 12:45:56 @Wind? Releasing emotions means directly releasing fear and hatred? Releasing wants means the three questions? What's the difference?

Wind 2020-09-22 12:46:38 Releasing emotions is feeling your emotion and doing the three questions. For releasing wants, you don't need to ask the last two questions. Just allow yourself to be aware of your wanting, then let it leave.

Me 2020-09-22 14:41:49 Actually, I've been in the anger energy level for at least two years now. But because anger is hard to break through – anger towards my parents blocked me for quite a long time. And I didn't focus on releasing the three basic wants, so breaking through was very slow. Only recently did I suddenly realize this. Then casually releasing the three basic wants under the anger level, the breakthrough speed feels tens of times faster than before. I'll probably reach the pride level soon [Chuckle].

Wind 2020-09-22 14:43:53 Releasing want to control and want for approval greatly accelerates release. The prerequisite is truly mastering what's underneath it. Releasing the want that drives the emotion releases the emotions above it. This is a deep release method. After you are familiar with release, you should use this. And their setup is a four-day course, a weekend of study. Release emotions using the chart. The next weekend, start learning to release "wants." Want for approval and want to control. Just continuously release these two "wants."

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Zhao Jiaman 2020-09-22 15:21:46 The fear of not being able to survive is too deep, too painful. "The first thing we suppress is the desire to survive as a body, which appears as 'fear of death.' How does it develop into other feelings? If I get everyone's approval, I am safe, I can survive as a body. If I can't get their approval, I want to make them approve of me, so I can be safe and survive – that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with wanting approval and wanting to control first. When you release those, the 'fear of death' at their bottom will naturally and noticeably surface for you to release." All feelings develop like this. all feelings are survival programs.

Ju Ting 2020-09-22 15:55:01 I'm now encountering a bottleneck. I know I need to release a lot in certain areas, but there seems to be a force preventing me from facing these areas to release.

Wind 2020-09-22 15:57:27 Resistance to release. Resist release, release the resistance. Generally, this is wanting to control. There are several situations. One is wanting to finish quickly. Too many suppressed emotions, eager to release them all. This can cause a block instead.

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So, releasing this want to control can get you out of the stalemate. It's on the surface, you can perceive it. Suppression usually results in this.

Ju Ting 2020-09-22 16:26:58 @Zhao Jiaman? Have you finished releasing all the emotions on the emotion chart?

Wind 2020-09-22 16:30:49 You don't need to release according to the chart. In the process, the emotion chart serves as an auxiliary tool. Helps you locate the current emotion.

Ju Ting 2020-09-22 16:40:53 @Wind? I used to release by looking at the emotion chart for a while, but didn't repeatedly release the three wants [Covering face].

Wind 2020-09-22 16:41:33 That's okay. Have you tried releasing the want to control and want for approval behind the emotions? In the original release method, at the beginning, you only release these two "wants." Then the fear of death naturally surfaces. When you can see it, you can release it.

Ju Ting 2020-09-22 16:42:49 I can see the fear of death. When releasing emotions, I can see it [Covering face]. For example, I especially hate it when someone tells me in front of me that eating this or that will cause disease.

Wind 2020-09-22 16:45:36 That's wanting to control. Wants and feelings are different; a want leaves as soon as you touch it. That is, as soon as you perceive it, you naturally tend to let it leave. Of course, this deep experience needs to be gradually familiarized.

Me 2020-09-22 17:05:54 Emotions are hard to release because I deeply believe emotional feelings are part of the self. Usually, I live for emotions. Whatever I do, I'm taking orders from emotions.

Wind 2020-09-22 17:09:09 It's like feeling "feelings have me" or "I am the feeling." Like holding a pen in your hand for so long, you feel it's part of you. Make release a normal part of your life, and it becomes easy. Replace suppression as your first instinct.

Group Member 2020-09-22 17:20:00 @Wind? On the emotion chart, I can't see resistance and aversion.

Wind 2020-09-22 17:21:29 Because you can resist something from anger. You can resist something from apathy. You can resist something from pride. You can resist something from grief. You can still resist something from lust. So resistance itself exists in every emotional state. In terms of wants, it belongs to wanting to change.

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Me 2020-09-22 17:56:01 I just told my friend about the three states Lester Levenson talks about. In the video, Lester Levenson uses the emotion chart to divide people into three states. Basically, in the three emotional states of apathy, grief, and fear, the characteristic of the having state is equating happiness with having; the more you have, the happier you are. In this state, there is almost no energy to change; life just cycles in a circle. So-called successful people are in that 5%, which Lester Levenson calls the "doing state." That is, people who spend most of their time in the four emotional states of lust, anger, pride, and fearlessness. And less than 1% of people, Lester Levenson calls the "being state." That is, people in acceptance and peace. In the doing state, people equate doing with happiness. In the being state, just being is happiness.

Wind 2020-09-22 18:06:00 There's also this. It's about fearlessness. When in fearlessness, your "selfishness" is 50%, exactly half selfish, half selfless. In emotions below fearlessness, most of the time revolves around how to protect oneself.

Wind 2020-09-22 18:07:34 I've seen a few Taiwanese teachers before; their self-creations were really something. I remember Wang Youhua, who translated the book "The Power of Release," created his own. At the time, he was active on the Sedona Release Method forum answering questions. He had returned from Hale Dwoskin's courses, so everyone considered him an authority. He said first do triple welcoming of the emotion, then the three questions. Combining triple welcoming and the release method, making it very complicated.

Me 2020-09-22 18:16:56 Evolution theory isn't real anyway.

Wind 2020-09-22 18:17:06 Yogananda said humans devolved from aliens. Buddhism also says this: beings from the Abhasvara Heaven devolved. Yogananda is an enlightened being Lester Levenson often mentions. Anyway, the Chinese release method scene is quite chaotic. Early on, I fell into many pits. Many people lead the blind with more blindness. After triple welcoming, Hale Dwoskin also let himself go. Later, he stopped teaching basic release. Only taught triple welcoming and various subsequent welcomings.

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Wind 2020-09-22 18:20:00 And "holistic release method," feeling the wholeness of the present moment, etc. Ramana Maharshi advocated "Who am I?" The other one Lester Levenson mentions most often is Yogananda. In his audios, he also recommends students read "Autobiography of a Yogi." I found and read it. Triple welcoming only weakens the power of the release method. Triple welcoming may have some releasing effect, but not deeply. Hale Dwoskin has gone astray. In fact, many students mention Hale Dwoskin going astray. Lester Levenson's students, like Stephen, say the changes Hale Dwoskin made actually weakened the power of the release method. When I was abroad, I followed Hale Dwoskin on YouTube and Facebook. Whenever he posted a video, I would watch it. The methods he used became stranger and stranger. No trace of the release method left. Anyway, as far as I'm concerned, Lester Levenson's originally invented release method works best. Simple, clear, and straightforward. No confusing concepts. Sufficient for self-growth. The six steps contain the entire map. That's going out from the six steps. Lester Levenson said the six steps cannot be changed. They are a core summary of the release method. Follow the six steps, and you can become free. Not follow them, and you can't become free. Very simple.

Wind 2020-09-22 18:42:10 In the video "The Right Path," a student asks about the "What am I?" operation. Lester Levenson ignores it. Lester Levenson says don't stop releasing. Release this want to control of yours and continue with the six steps. Lester Levenson knows this is avoidance. In his later teachings, everything revolves around release. He no longer talks about "What am I?" I categorized the audio files I could find by period and listened to them many times. I roughly sorted out the evolution of his teaching. Lester Levenson early on said "What am I?" is better than "Who am I?" Because when you say "Who am I?", you subconsciously think you are a body. Lester Levenson ignores it. Lester Levenson says don't stop releasing. Release this want to control of yours and continue with the six steps. Lester Levenson knows this is avoidance. In his later teachings, everything revolves around release. He no longer talks about "What am I?" "The Ultimate Freedom" contains all early videos.

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"Who am I?" is inaccurate. Mainly from the 60s. After Lester Levenson established the release method organization, his teachings revolved around release. release, release, release. Telling you to release more. take the six step. Release according to the six steps.

Mu 2020-09-22 18:52:07 Knowing the answer to "What am I?" is useless too, right?

Wind 2020-09-22 18:52:19 The mind's answer is certainly useless. Lester Levenson early on wasn't asking you to find the mind's answer, but to wait for the true Self to emerge. I operated this method before. It felt similar to practicing "Anapanasati" in meditation. Felt focused, joyful, all that. But because I had experience with Buddhist meditation, I didn't take it seriously. In the Theravada meditation system, this is called "samatha" (calm abiding). That is, temporarily suppressing your emotions. Obviously, "samatha" is a high-level suppression method. Theravada Buddhism explains it clearly: "samadhi" is a kind of suppression. "The Power of Now" is mindfulness, in Pali samma-sati. That is, maintaining awareness on body, feelings, mind, and phenomena. These are all somewhat effective methods. But their help to me is not as good as the release method. I won't judge these methods. Conservatively speaking, for me, none are as effective as the release method. I'm not very familiar with "The Power of Now." I practiced Theravada Vipassana (insight) and mindfulness.

Qian 2020-09-22 19:00:56 Off-topic, but there's a place in Shenzhen called "Fei Space," which by last year already had 18 enlightened people.

Wind 2020-09-22 19:01:45 18 enlightened? That impressive? Among Westerners, I only recognize Lester Levenson as enlightened. I don't follow others or judge who is enlightened and who isn't. I've watched a few Tolle videos. He seems like a good spiritual teacher, but I'm not sure he's an enlightened being. Actually, enlightened beings aren't that common.

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After the New Age movement, a large number of self-proclaimed enlightened beings emerged in the West.

Xiong Wei 2020-09-22 19:07:43 Eckhart Tolle thought "I can't stand myself anymore," then suddenly thought "I have several I's," and became enlightened. He suffered for many, many years.

Wind 2020-09-22 19:09:50 That's just breaking free through observation. That Sadhguru talks about these methods every day. But Lester Levenson's awakening was an instant knowing of everything happening in the universe. all-knowing, all-powerful, everywhere present. I've read quite a lot of spiritual and religious stuff, but only feel a connection with two people: one is the ancient Buddha, the other is the modern Lester Levenson. With methods like that, progress isn't as clear as with the release method. Sometimes you don't even know if you're progressing. But with the "release method," every release is very clear. The old man teaches methods, letting you see for yourself. Rarely talks about dry, pure theory.

Xiong Wei 2020-09-22 19:24:52 The old man gave you all the instructions for going to the moon. It's up to you if you want to go.

Wind 2020-09-22 19:24:59 That's right. The six steps are the complete map. Choose one path; I've given up all others. Instead of switching methods, it's better to release one more time. After one more release, you won't want to switch. Switching methods is avoidance.

Me 2020-09-22 19:28:35 Actually, switching methods is okay. If you switch, stick with it. Don't switch again and again.

Wind 2020-09-22 19:28:49 Switching a few times during the exploration phase is okay. Once you decide, don't switch anymore.

Me 2020-09-22 19:29:14 And then? Another thing: don't switch methods and mix several methods together, misunderstanding each other. That's the dumbest. The consequence of this is that you don't truly understand any method.

Wind 2020-09-22 19:29:33 Mixing is even worse than switching. Mixing means saying, "I'm smarter than the enlightened ones." They thought of things the enlightened ones didn't. After improvement, it's even more powerful than the original method. Or thinking the enlightened ones didn't speak the complete truth, needing to patch it together with their own minds.

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Anyway, when I see such group members sharing in the group, I usually can't argue with them, so I can only kick them out or threaten to kick them to wake them up. Moreover, the release method is easy to create variations into things like presence method, feeling method, welcoming method, acceptance method, etc., but never actually learning the release method. During my practice, I also had this stage, thinking Lester Levenson didn't say everything, that there were things left unsaid. Then I also tried to create my own supplements. That's when I quickly woke up, because I found that the more I released, the more I found those self-creations of mine were wrong. The release method cannot be changed. Once you change or create, you're just falling into the mind's trap.

Wind 2020-09-22 19:43:34 The reason I went to look at English materials was because there were too many pitfalls in Chinese materials.

Hai 2020-09-22 20:00:55 Has anyone used Lester Levenson's awakening method? That is, asking yourself "Can I turn this feeling into a feeling of love?" Asking repeatedly, either turning it into a feeling of love or letting go of the feeling of wanting to change.

Wind 2020-09-22 20:01:40 Lester Levenson later talked about this in an audio. The effect he achieved was release. It just wasn't systematized at that time. And he added, "I didn't have the six steps then, maybe I would have been faster." He personally said the release method is better than that, so no need to go back to it. Why are there many "fundamentalist" followers of Lester Levenson in China? I think it's related to the circulation of "The Ultimate Freedom." "The Ultimate Freedom" only includes early audio. The focus of early and later audio is quite different. This leads people who only read early audio to think Lester Levenson

never taught the release method, or even to use isolated phrases from early audio to oppose the release method. This is the result of not having seen all the materials. In fact, his later audio is all about the release method. Constantly talking about using the sedona method to release. Then saying "take the six step, and you will be free." This is also a high-frequency sentence.

Hai 2020-09-22 20:08:07 Is it necessary to use the release method to sort through key people and events in one's life? Yeah, sometimes wanting to quickly clear the garbage in the subconscious, I want to sort through it, but recalling is especially painful.

Wind 2020-09-22 20:08:40 Personally, I think these are just to draw out emotions and desires in your subconscious. There's a method in the release method workbook: write down where you seek approval, where you seek control.

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Wind 2020-09-22 20:09:42 Then release. This method is somewhat useful too. But I personally prefer what Lester Levenson said in the advanced course: simply release the feeling of being stuck. Release the surface, and what's underneath automatically surfaces. Then release again, release again. This works better for me and is more concise.

Zhao Jiaman 2020-09-22 20:11:32 @I am Infinite? Can just loving also work? He said so in "The Ultimate Freedom," in the chapter "How to Help Others." I tried, but found it impossible.

Wind 2020-09-22 20:11:54 The autobiography mentions four paths. All paths can be grouped into four. "The four ways are the rational, which is the mental way; the scientific, which is the specific methodological way; the emotional, which is the love and devotional way; and the active way, which is rendering selfless service to mankind." These four ways are: the rational, the mental way; the scientific, the specific methodological way; the emotional, the love and devotional way; and the active way, selfless service to mankind. "To uncover yourself it takes only wanting to and looking in the right direction." methodological. the scientific way. The scientific way, step-by-step personal verification. The four ways are a subdivision. Actually, "The Ultimate Freedom" also mentions this classification. This classification wasn't originated by Lester Levenson either. It exists in Yoga. Jnana Yoga, Kriya Yoga, etc. And Bhakti Yoga. "The Ultimate Truth" mentions five paths. He added the ultimate question. Anyway, "The Ultimate Truth" is just an early compilation. The autobiography was written in 1972. The release method organization probably wasn't established yet.

Me 2020-09-22 20:24:35 The process of organizing materials is all a process of taking detours. So I'm saying this to prevent others from taking detours like me. "The Autobiography of Lester Levenson," "The Ultimate Truth," "The Ultimate Freedom" can all be read. You can't not read them. But don't use them to replace the release method.

Me 2020-09-22 20:26:35 For the first book, I think read "A Love Story."

Wind 2020-09-22 20:27:30 This one is a summary of audio. I'll find that audio and find time to translate it. It's not much different from what he himself said. Lester Levenson himself, I

forget which audio it was. I'll look for them one by one. Lester Levenson talked from facing his heart attack to giving speeches on stage. After becoming free, giving speeches on stage, he realized his karma was like a rope burned to ash. The habits had no power left, but were still there. When he perceived them, it was like pulling them, and they turned to ash. This is from an audio. Very interesting. Later I saw the book "Freedom from the Bondage" on your public account and found it was just a recorded oral account of Lester Levenson. Polished in writing. I remember one passage: to come back to the world, he stared at the TV to catch feelings. After a long time, he finally caught the first feeling and was very excited. This was his process of reconstructing the mind to come back. Staring at negative words, staring at the TV.

Me 2020-09-22 20:40:56 Actually, during the release process before, there were some confusing points. I believe those who truly practice will find those doubts. These doubts were only resolved after seeing more materials.

Wind 2020-09-22 20:41:35 "A Love Story," the earliest version I read. This book wasn't written by Lester Levenson, but I never thought there was a problem with it. What it says is very concise. I once thought some parts of this book might be embellished, because it didn't match the autobiography in some places. Later I found it was just a different perspective.

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But I didn't know the source of these stories until I heard the audios, and then it dawned on me. You see it clearly writes about the three wants. One month to solve one. It's the same as the original release method teaches.

Me 2020-09-22 20:45:15 So this book is the best first book to read when learning the release method. I used to read "A Love Story" repeatedly because I loved it so much. I could even recite it. It gave me immense inspiration and strength.

Wind 2020-09-22 20:46:21 That book is indeed really good. I never expected that the first book I read, with no author info, would be the most orthodox. This book indeed has a lot of power. And it's also compiled from Lester Levenson's original words. It contains the six steps. He was happier than at any time in his life, and he continued to correct. Every time he corrected a new event, he felt even happier. That's step six. And beginners reading that can also understand what approval and control mean. I found many people don't understand the concepts conceptually. After reading this, they will naturally and deeply understand. I also like it quite a bit. Sometimes I imagine doing what he did: throwing everything aside and doing a concentrated release.

Me 2020-09-22 20:59:32 Actually, when you're confused, stuck, or slack, reading this book fills you with confidence again.

Wind 2020-09-22 20:59:51 Yes. But later I listened to Lester Levenson's audio. He has several very encouraging audios. Several parts of "The Way," "The Right Path," "Beingness," "Keeping it Simple." Among them, "The Way Part 1" and "The Right Path" inspire me the most. "The Way Part 1" talks about directly facing the fear of death. "The Right Path" talks about using the six steps to surely become free, continuously release. "Keeping it Simple"

tells you to keep it simple. These are all later audios; listening to them makes the path feel very clear.

Me 2020-09-22 21:04:59 These audios all seem very important.

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Wind 2020-09-22 21:06:32 Yeah, these are relatively important. I'll translate them again later. Hope to benefit more people. Actually, I've already translated the first and second parts of "The Way." They're in the group owner's public account.

Me 2020-09-22 21:11:49 What did you translate today?

Wind 2020-09-22 21:12:28 I translated the fifth part of the '92 release method. There's some not finished yet. Actually, the content part is translated. But I don't plan to translate all of the guidance. Too long. I translated two paragraphs of the guidance. I'm considering whether to translate another paragraph. Probably not needed. You can just post this.

2020-09-23 Chatting with Wind finally realizes what "stuck" means and how to release being stuck. This is a key step to starting continuous release. The time is right to establish an Original Release Method teaching center.

Le Le 2020-09-23 07:33:31 Every morning when I'm about to wake up and think about the various things I have to do today, my heart feels blocked, glum. What emotion is this? What want is behind it?

Wind 2020-09-23 07:39:32 Wanting to control. You want to change this situation, want it to be as you want.

Wind 2020-09-23 09:14:01 Sharing an insight from this morning's release: The more you encounter a stuck situation, the more you need to release. Release the desire to change, then face that stuck feeling again. Otherwise, you suppress it into the subconscious, and it will keep operating you, and you will remain stuck. Don't strain to suppress, but don't run away either. Just face that stuckness until it's released. Don't do other things to avoid it.

Gan En Yi Qie 2020-09-23 09:18:52 Wind, this morning I was sending my child off. We were almost late, the child wasn't in a hurry, but I was. Then I got a bit angry. I felt my emotion. I knew this was my desire to control. I released it like this. Is it correct? Can I let go of the desire to control my child? (Yes) Am I willing to let go? (Yes) When? (Now) Asking over and over like this, is it okay?

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Wind 2020-09-23 09:19:15 Releasing desires doesn't need the last two questions. You ask "Can I perceive the want to control?" Then you look at the want to control. Ask "Can I let it leave?" If you can't, and you're stuck, you look at whether this is wanting to change (wanting to control). Perceiving this want to control, you basically tend to let it go directly. Then you

can look again at whether you have wanting to control about that situation. Then allow yourself to perceive it again. Ask yourself "Can I let it go?" Look again to see if there's more.

[Text box with arrow]

Just operate like this. When stuck, you must first release the feeling of being stuck, release the desire to change. You cannot keep releasing while resisting that stuckness. That's like stepping on the gas and brake at the same time.

Me 2020-09-23 09:23:38 What does "stuck" mean? [Covering face]

Wind 2020-09-23 09:23:53 Just not being able to release. Not being able to release is stuck. stuckness.

Me 2020-09-23 09:24:40 Haven't experienced not being able to release for a long time; I don't even know this anymore. What does stuck usually feel like?

Wind 2020-09-23 09:25:37 A feeling of gripping tightly. The feeling feels stuck on, doesn't leave. Or subconsciously wanting to run away, afraid to touch it. This is all stuck. We tend to, when feeling stuck, do other things, wait until the feeling is less sticky before releasing. I found this is wrong. As Lester Levenson said, this suppresses it into the subconscious, letting it operate you all the time.

Wind 2020-09-23 09:31:01 Lester Levenson: "Talk to the workshop instructor, it's not me taking you there. Or you continuously release the stuck feeling, see that when you don't release the stuck feeling, you let it continue operating, which causes you to remain stuck. Can you see how simple this is? If you do it like this, it's really simple."

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I have a deeper realization of this passage now.

Me 2020-09-23 09:33:22 @Wind? Because I haven't defined this feeling of stuck. That is, when I release, whatever feeling appears, whatever desire appears, I just release that feeling or desire. That is, even if I have a stuck feeling, I don't know it's stuck. I just treat it as a normal phenomenon and release it. So I don't understand this concept [Chuck].

Wind 2020-09-23 09:33:57 The reason for this question is that many people stagnate here. stuck. Anything that makes you stop is a stuck feeling. It's not that there is a special feeling called "stuck." This point is quite important.

Me 2020-09-23 09:34:23 One of the free six steps says what to do when stuck? You need to release the desire to change the stuckness, then you can continue releasing.

Wind 2020-09-23 09:34:49 Yes, the free six steps specifically mention this. If that's the case, then I've experienced it quite a few times. There are various reasons that make me stop. And I did release those and didn't think much about it. Another is directly facing the deepest fear of death; that's where people get stuck. Most people get stuck there. Including not

seeing it, vague feeling. Because you want to run away, you cover it with a layer of vague feeling. This is a kind of stuck feeling. You need to release the desire to change it, release this stuck feeling. Then you can see what's underneath again. For example, on certain topics, you can't feel specific feelings; that's also a kind of stuck. Like someone says, I know I want to control something, but I can't feel it. That's stuck there.

Me 2020-09-23 09:39:52 This should be able to flexibly use various techniques to provoke it.

Wind 2020-09-23 09:40:08 This is the elementary way. Lester Levenson's postgraduate way is to release the desire to change the stuck feeling. That is, do you find this feeling too vague? Do you want to change it? Release the desire to change it. This vague feeling will immediately become clear.

Me 2020-09-23 09:41:20 If there is this desire to change the stuckness, releasing that desire is best. But what if there isn't?

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Wind 2020-09-23 09:41:44 That won't happen. Because when you want to feel the fear of death but can't feel it, because you want to achieve it but can't, pay attention, there is a want to control there. Release the stuck feeling: see how much you want to change those things – like I told you. Just release the stuck feeling, or even the vague feeling. You might not even be able to see it because you are trying to escape it, or at least want to change this vague feeling – whatever it is. After it leaves, you have the ability to approach the fear of death again. Lester Levenson said this. Lester Levenson specifically mentioned vague feeling. He talked about it specifically. When the feeling is vague, you want to change it. The way I'm talking about is advanced, the in-depth way Lester Levenson taught. Because when the feeling is vague, you want to make it clearer. This "want" is wanting to change. Perceive it, and you can release it. After releasing, you become clear. Then you can see the fear of death again. I've operated this many times. It is indeed the postgraduate way. Much more concise and efficient than the elementary way of using scenes to provoke feelings.

Me 2020-09-23 09:41:37 For example, right now, okay, let's feel the fear of death. Let's try it live, experiment. Damn, I feel the fear of death [Covering face]. It really works. [Covering face] When I release the desire to change the state of not feeling the fear of death, I find this desire really exists. It's the desire to change this state of not feeling. It seems the desire to change attaches itself to everything. After releasing this desire, I really feel the fear of death [Covering face]. The reason I couldn't feel it before was because there were things on top, like the desire to change, or something else attached, disturbing my perception. After releasing these, I can feel it. But usually, if you don't pay attention, because this desire to change the not-feeling is very shallow, it seems not to affect much, but it affects a lot. I've never thought about it this way before. I just thought if I perceive it, I'll release it. But if I don't even realize it, how can I release it?

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I find that in "The Abundance Book," the interpretation of this free six steps is too little. These key things weren't mentioned, or even if they were mentioned, the specific usage or

importance wasn't explained, leading to subconscious neglect. If it leads to continuous stuckness, the consequences are serious.

Wind 2020-09-23 09:47:38 Yes, that's what I mean. vague feeling covering the top. This is the method repeatedly explained in that part of "The Way." It's also the meaning of my sharing this morning. Lester Levenson: "Talk to the workshop instructor, it's not me taking you there. Or you continuously release the stuck feeling, see that when you don't release the stuck feeling, you let it continue operating, which causes you to remain stuck. Can you see how simple this is? If you do it like this, it's really simple." The method in "The Way" is very practical. It's an interpretation of the six steps. I've listened to it many times. I suggest you review it often and follow the operation; you will have many realizations that support your release. That's the advanced method. For example: you can't feel emotions. At this time, you particularly want to feel them. This is wanting to change. Perceive this and release it, and it will be very fast. Hope it helps. I'll continue releasing. These things need to be understood through continuous experience. Stuck is my old enemy [Chuckle]. When a feeling you don't want to face is about to surface, you get stuck. Lester Levenson's audios often say this. Listening to audios often changes your focus.

Me 2020-09-23 09:54:08 So this is the first time I've heard of this advanced method. Thank you.

Wind 2020-09-23 10:10:06 Larry Crane (Lawrence Crane) actually didn't not mention it. But he added things. Additions cause confusion. After adding, people can't access the most concise teaching.

Me 2020-09-23 10:10:18 @Wind? Yes, after adding, the original stuff gets ignored.

Wind 2020-09-23 10:12:28 I'll translate "The Right Path" today. That one is over forty minutes long.

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Lester Levenson's original teaching is very powerful. Concise, clear, pointing to the core. It will never make you more complicated or confused.

Rang Kuai Le Xiang Hu Xi 2020-09-23 10:15:05 Another pitfall: in "The Ultimate Freedom," he also repeatedly emphasizes things. But he doesn't list them 1, 2, 3; they are hidden in his words. You have to extract and dig for treasures yourself.

Wind 2020-09-23 10:16:11 That's early audio. Later audio explains things systematically. After reading later audio, going back to the earlier ones becomes very clear. I keep clarifying this to many friends in China. Because many domestic friends think Lester Levenson never taught a systematic method. Therefore, they distrust the release method and instead find snippets from "The Ultimate Freedom" to operate. Actually, the release method course was created by Lester Levenson himself. And it formed a powerful system. The more I listen to those audio materials, the more convinced I am of the conciseness, completeness, and non-modifiable nature of the release method system.

Wind 2020-09-23 10:24:32 Group owner, have you ever been in a QQ group, the "Dongfang Shishi" group? If that was you, I think I saw you there two or three years ago.

Me 2020-09-23 10:26:19 I was in that "Dongfang Shishi" group. Got kicked out for saying something.

Wind 2020-09-23 10:26:33 I remember you were talking about the "Tao Te Ching" there.

Me 2020-09-23 10:27:51 Are you still in that Dongfang group?

Wind 2020-09-23 10:28:17 Left long ago.

Me 2020-09-23 10:28:37 [Chuckle] That's really fate! If I had shared the release method in the group back then, you probably would have added me.

Wind 2020-09-23 10:29:02 Because the avatar and name were the same, so I wondered if it was the same person.

Me 2020-09-23 10:29:24 How do you remember so clearly? [Chuckle]

Wind 2020-09-23 10:29:30 Good memory [Chuckle].

Me 2020-09-23 10:30:12 Incredible, life's coincidences.

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Wind 2020-09-23 10:31:18 At that time, the group owner was debating with everyone. You were using spiritual theory to explain the Tao Te Ching. I thought, this person is probably into spirituality.

Me 2020-09-23 10:34:28 [Chuckle] I was quite fascinated by the Tao Te Ching back then.

Wind 2020-09-23 10:35:58 I've thought about this. Because I see many paid release method courses now, teaching things that aren't orthodox. So I thought of following Lester Levenson's early spirit of free sharing and setting up a release method center. So I've been releasing on this goal too. Maybe later I can set up a free teaching center, like Lester Levenson at the beginning. Although Lester Levenson did say in an audio that early on, when it was free, few people got help; only after charging did help come. He explained that in this highly capitalist society, everyone is taught that only money has value. I've heard that audio. But I think Lester Levenson's point isn't that it must be charged. The key question is, if you still rely on "teaching others the release method" to earn money, how can you make people believe you can teach them to become abundant? We could emulate the Goenka model. Goenka Vipassana doesn't accept outside donations. It's free. Food and lodging during the course are free. Only accepts spontaneous donations from students who have taken the course. This has managed to operate until today. Because students benefit. I think we can learn from this model. And they have Dhamma workers, volunteers. People who want to help others and have time can apply to be volunteers. This way it can operate. Operate purely on the desire to serve others. This origin is also very good. The desire is not

to make money. Can help others better. That is, it does not operate in the current world's capitalist way. From teacher to student to staff, no one operates at this capitalist frequency. Teacher teaches for free.

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Students learn for free. Staff work for free out of the desire to serve. The whole atmosphere is one of mutual help.

Wind 2020-09-23 11:43:31 Just got another little insight from release: If you don't release the tendency you use to escape (e.g., subconsciously looking at your phone to maintain control, talking to others to gain approval), then you will escape, suppressing whatever deeper thing you are trying to escape from underneath. And this can be solved by a decision. a decision. Decide to release this tendency. Often due to inertia, you tend not to use release to solve it, but choose suppression. The first reaction upon finding a problem is to cover it up. For example, my computer just had a problem. A file wouldn't open. My first reaction was to suppress the feeling of wanting to control and try to figure out the problem. Not release the desire that had already surfaced. I consciously corrected it.

Yitian 2020-09-23 11:56:06 @I am Infinite? There should be quite a few friends in the group who understand English. We can first cooperate to transcribe all of Lester Levenson's audio. The most precious materials are still Lester Levenson's own videos and audio.

Wind 2020-09-23 11:59:22 Understanding English, also needing to know what Lester Levenson is talking about – it's best if people can help translate files together.

Me: Yes, this is very important. Like a previous group member, translating in his own way, adding his own interpretations from time to time.

Wind: That translation method is similar to the "geyi" (matching concepts) method when Buddhism first entered China. "Geyi" means using the principles of Confucian and Taoist classics to interpret Buddhist scriptures. Later, Master Xuanzang deeply hated this, feeling it was very misleading. He specifically retranslated many terms. In the spiritual circle, there are many who add their own interpretations; it's too many, so I don't argue. They say theirs, I say mine. After speaking, listeners can naturally discern. A few days ago, while translating, a thought crossed my mind: what if someone takes this translation of mine and charges for it? That wouldn't be my intention. Because two years ago, I found someone took my translated and shared stuff and sold it for money. But I released on it and decided to still do this, because even if one more person sees it, it's a good thing. As for others charging for it, tampering with it, or misleading others, it's unavoidable in this era. Everyone has their own karma. I don't need to control these things. 112

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Me 2020-09-23 12:18:35 I just suddenly understood why every time I forced myself to release before, I succeeded. It's because of step one of the free six steps. I didn't release the desire to change the stuck point; I directly forced release [Chuckle].

Wind 2020-09-23 12:21:14 But releasing that desire to change the stuckness might be more thorough. Because sometimes people don't perceive their desire to change. It operates in the background. When perceived, it comes to the surface.

2020-09-23 Wind explains the learning sequence of the Original Release Method, the drawbacks of the provocation method, and details how to release the feeling of being stuck

Qian 2020-09-23 12:49:40 Feel like vomiting. Release in progress.

Wind 2020-09-23 12:51:32 Happens often. Don't strain too much. Relax a bit. Wanting to vomit during release is also normal.

Qian 2020-09-23 13:14:37 Thoughts are driven by desires, right?

Wind 2020-09-23 13:15:02 Thoughts are driven by emotions. Emotions are driven by wants. wanting motivates the feelings. feelings motivates the thinking. feelings are survival programs. These programs drive the generation of thoughts. Thoughts manifest as the world.

Wind 2020-09-23 13:18:24 (Image omitted) This person is Larry Crane (Lawrence Crane)'s student. The release method he teaches is also his own modification: constantly asking "could you say yes to it." It should also have a releasing effect. But this method is also a modified version, easy to confuse. The question prompts are a kind of reminder, a process. To avoid confusion of the mind, go through the process.

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Obtain the experience of release. Then gradually get familiar with the experience of release. allow it up and go. Yes, it's like riding a bicycle. After you get the balance, just ride. This part is actually in the release method course. Just watch the course carefully. "The entire course is presented in an experiential way, not an intellectual way. So while you are sitting in this classroom or learning from tapes at home, please try as much as possible to feel, not think. Focus here (the instructor places both hands on the chest and abdomen area). When I ask you 'What is the feeling now?' see if you can focus on this area to feel. Of course, if you don't feel anything in this area, don't worry. The entire course is designed to help you get more clearly in touch with your emotions and learn how to let them leave." "If someone gives you a book on how to ride a bicycle but you've never actually ridden it, I believe even if you read the book, when you ride the bicycle, you might fall down because you can't control your balance. Riding a bicycle is also an experiential thing. It's like riding a bicycle: you learn how to ride, then you get on it. When you find your balance, you really don't need to think about it anymore; you just ride it. The same thing will happen when you use this technique. The more you do it, the more you'll get the hang of it, and releasing will become more and more natural. You just get on the bike and keep riding. So what will happen is, even if you have to do some thinking and manipulate yourself a bit at the beginning, as you continue to do it, you'll find it becomes easier and easier." This is all from the '92 release method course. The release method is only about two things: teach you how to be in touch with your feelings

(wants) and let it go. Teach you to contact your emotions (later wants) and then let them leave.

Wind 2020-09-23 13:47:02 "The more you manipulate yourself to use this technique, the more you will gain. You won't always feel the release immediately. Sometimes you might be doing the technique, you know something happened, but you're not sure what. In fact, about a year ago, there was a student who attended the course. She practiced for a long time, but when the course ended, the last thing she shared in class was: I still haven't successfully released once. However, I hadn't slept well for twenty years, and after the first day of the course, I slept well. Then she gradually gained other benefits and got the full benefits of the course. So if

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you are unsure whether you are releasing, just stick with it. Because you may not perceive every release, but as you continue to practice the technique, it will become easier and easier until you are sure you are releasing."

Wind 2020-09-23 14:07:06 "Also, release is carried out through a series of questions. These questions may not seem particularly special at first. But as you continue to follow along, you'll see that when I ask you these questions, during your practice, these questions generate many feelings. These questions are designed to give you an experience of release. They don't need to be understood at the beginning; in fact, you won't understand. But when you are willing to continue practicing using these questions, you continue to do it, you'll find you use them more and more easily to release." Let's review the first lesson together.

Wind 2020-09-23 14:09:42 Contact the feeling, then consciously let it leave. In the specific method of release, it's not recommended to trace with thoughts. Because it might lead you to imagine in your mind. The benefits/disadvantages exercise exist. But Lester Levenson calls it the elementary way. The elementary school version of release. If you like this, you don't like that.

ZOEY 2020-09-23 14:15:47 Oh, you mean the entry-level model? Is it an aid to release, ultimately entering the simplest form of letting emotions (wants) surface and letting them leave?

Wind 2020-09-23 14:16:09 It's to help you perceive emotions. Because ordinary people are too used to suppressing. So they designed some processes to help you provoke suppressed emotions. These include: benefits, disadvantages, goal process, etc. Anyway, Lester Levenson and the release method course both said, release the want to control and want for approval, and you release all the emotions on the entire emotion chart. Later in "The Way," it says, release one thing and you are free. only one thing. the fear of dying. Theory is actually this simple. It's the want to survive. Lester Levenson said the want to survive, or the fear of death.

Zhao Jiaman 2020-09-23 14:23:50 @Wind? Is the fear of dying the same as the desire to survive, or how are they related?

Wind 2020-09-23 14:26:14 Lester Levenson: "What was it last time? OK, the first thing we suppress is the desire to survive as a body, which appears as 'fear of death.' How does it develop into other feelings? If I get everyone's approval, I am safe, I can survive as a body. If I can't get their approval, I want to make them approve of me, so I can be safe and survive – that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with wanting approval and wanting to control first. When you release those, the 'fear of death' at their bottom will naturally and noticeably surface for you to release. But I think you have released enough wanting approval and wanting to control to be able to launch a direct attack on the fear of death." Look at that part in "The Way 1," it's all there.

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Me 2020-09-23 14:25:08 What is the postgraduate way Lester Levenson mentioned?

Wind 2020-09-23 14:27:07 Lester Levenson: "OK, this is one way to guide someone to release. You release on the wall. Do you like this color? Don't you like this color? So you tell me she used a process and it worked." Lester Levenson: "No, now you're confusing what I said. So now you are descending, lowering to the elementary form of release. I'm trying to keep you at the postgraduate level. I'm taking you out of middle school, high school, college, and putting you at the postgraduate level. Release the stuck feeling, see how much you want to change those things – like I told you. Just release the stuck feeling, or even the vague feeling. You might not even be able to see it because you are trying to escape it, or at least want to change this vague feeling – whatever it is. After it leaves, you have the ability to approach the fear of death again." only release the stuckness. Let me explain what this means. For example, if you can't find the emotion, you are stuck there. When stuck there, you will want to provoke it. That is, you think the current emotion is not an emotion. You want to change this feeling. That's why you want to provoke. But Lester Levenson's point is, just release the stuck feeling there. Release continuously. Because provoking is like detouring. It's like you are detouring around the feeling currently blocking you. "The Way" needs to be watched several times.

Me 2020-09-23 14:29:26 Then release speed would skyrocket. This isn't mentioned in any book. It means I just understood what you meant; I didn't get it this morning.

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Wind 2020-09-23 14:30:14 I didn't understand it on the first reading either. It's through continuous operation and listening. The "continuous release" in the six steps means literally that: don't stop. In "The Right Path," it says "there is no stop in the six steps." Lester Levenson's original words. The "vague feeling" in it inspired me a lot. That is, if you feel a vague feeling, don't try to make it clear. Instead, see that you want to change this vague feeling, and release the desire to change. This trick helped me a lot. Only release the stuck feeling, or even the vague feeling. You might not even be able to see it because you are trying to escape it, or at least want to change this vague feeling – whatever it is. The tone of this sentence of his emphasizes "only." only release the stuck feeling or even the vague feeling.

Leaping Flame 2020-09-23 14:32:24 @Wind? Are you saying goal release is not good?

Wind 2020-09-23 14:32:47 No. It's just that that is the entry-level way. It's a process to help you contact subconscious emotions.

Me 2020-09-23 14:41:04 That is, continuously releasing stuck points means just releasing the inner emotions and basic wants at the present moment, then bringing out the fear behind. That is, not thinking about anything or any thoughts at the moment, just directly perceiving what feeling is there now, then releasing the desire to change, and going deeper. That is, purely heading straight for the fear of death, skipping everything else.

Wind 2020-09-23 14:41:20 Yeah. Look at the six steps; that's what they are. The six steps are the complete summary of the release method.

Group Member 2020-09-23 14:41:44 Release the stuck feeling, the vague feeling, or release the desire to change this feeling?

Wind 2020-09-23 14:41:58 Release the desire to change.

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Then release the desire behind the stuck feeling. Keep releasing the desire that is stuck there until the deepest "fear of death" surfaces. Then you can directly face the fear of death. "The Way" is an advanced course. People here are all pursuing freedom.

Me 2020-09-23 14:44:48 Is this for real? Can it really be done? [Covering face][Covering face][Covering face] In China, at least from the Chinese materials I've seen, this is absolutely impossible. This is truly unheard of. I also thought before, if only I could go straight to the fear of death. So there really is this method. That is, no need to struggle with events or thoughts anymore. Directly release the desire to change the stuck point and head straight for the fear of death.

Wind 2020-09-23 14:46:01 When I first heard the audio, I was also shocked. It clarified many misunderstandings. Once the fear of death surfaces, you focus on releasing on it. Lester Levenson says, in one or two weeks, you are free. The time before is for you to clear the roadblocks (want for approval and want to control) covering the fear of death.

Me 2020-09-23 14:48:43 Actually, at least theoretically, it's very coherent. Emotional feelings and desires, even if not perceived, are always operating. It's just that you haven't perceived them yourself. If there's a method that doesn't require projecting emotional desires and fears through various events, but instead goes directly into the subconscious, enters the fear of death, and releases it, isn't that it?

Wind 2020-09-23 14:49:01 Most people probably can't understand what I'm sharing. Because when I started, I couldn't understand it either. I only understood after releasing for a long time.

ZOEY 2020-09-23 14:49:55 Just now, I inadvertently released like this. I couldn't quite tell what the feeling was; it was just stuck there. So I released this "want to figure it out," this stuck feeling. Then what naturally surfaced was the "want to control" desire, and release accelerated.

Wind 2020-09-23 14:50:10 Yes, exactly like that.

Me 2020-09-23 14:50:30 Normally, these fears, desires, and emotions project onto events, causing conflicts and reactions, which allows us to perceive them. Now, without needing these events, just go straight in.

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Wind 2020-09-23 14:50:31 Later on, you don't even need to specifically look for emotions. Release whatever is blocking on the surface, one by one. That's the fastest.

Me 2020-09-23 14:51:18 If this method really works, for someone like me, an old hand at release, the speed would skyrocket to the heavens. Enough said, I'm going to try it [Chuckle][Chuckle][Chuckle]. I find my method is the same provocation method Lester Levenson used for his own awakening. I didn't expect he improved the method [Covering face][Covering face][Covering face].

Wind 2020-09-23 14:51:36 Yeah, it goes very deep. That time I locked myself in the room, I released like this. Continuously releasing, the fear of death naturally emerges for you to release. "What was it last time? OK, the first thing we suppress is the desire to survive as a body, which appears as 'fear of death.' How does it develop into other feelings? If I get everyone's approval, I am safe, I can survive as a body. If I can't get their approval, I want to make them approve of me, so I can be safe and survive – that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with wanting approval and wanting to control first. When you release those, the 'fear of death' at their bottom will naturally and noticeably surface for you to release. But I think you have released enough wanting approval and wanting to control to be able to launch a direct attack on the fear of death. Do it, keep doing it. When you get stuck, use the 'what to do' process in this method, let go of the desire to change the feeling of being stuck. If it's a vague feeling, let go of the desire to change this vague feeling. After you release it, you can attack the feeling of fear of death again. A little release on it at first will allow you to move to a state where you can discern and realize that 'fear of death is just a feeling.' Now you equate it with actual death, which is why you don't allow it out. If you don't equate the fear of death with death itself, you can let it out and become free in about one to two weeks. It pushes itself, wanting to come out, wanting to leave. So it is our most suppressed feeling. You have done an excellent job of suppressing and keeping it at the bottom. So last time we first focused on releasing the fear of death. I usually avoid it, because most people don't release smoothly; they get stuck on it. But I think you are ready. If you are as determined as you say, you will allow those feelings of fear of death to surface and allow them to leave. Did you notice the word 'allow'? That's

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how it happens. You no longer hold them down; you allow them to surface and leave. Because they are also constantly trying to push themselves up and out – every suppressed feeling does this. So when you do it, it's very easy and effortless. They surface and leave like waves, until the waves stop, and you are done." Come on, look at this passage. Review it. Read this passage carefully. The old man said it very clearly.

Wind 2020-09-23 14:57:58 The release method course is designed for you to learn release. So it's designed this way. Advanced courses are for graduates. So the premise is that they can all release and apply it in life. Then, give them some guidance directly leading to freedom.

Me 2020-09-23 15:00:29 Yes, if he hadn't clearly explained the difference between these two, it would be completely misunderstood. People would think advanced courses just upgrade the basic courses, but actually the method changes.

Wind 2020-09-23 15:04:55 I'll go release too. Reviewing it again encourages me to take on the challenge [Chuckle]. For beginners, put the advanced course aside for now. After you are familiar with release, look at it again; you'll gain a lot. First, learn to release through the process.

Nothing 2020-09-23 15:33:11 Staying focused on the feeling – is this only done when there's an emotion?

Wind 2020-09-23 15:33:29 Are there times when you have no emotion?

Nothing 2020-09-23 15:35:04 Possibly. Or maybe just can't see it.

Wind 2020-09-23 15:35:19 Not seeing the emotion doesn't mean no emotion. That's called a vague feeling. You can't identify what it is. But you feel "no feeling." There is a "no feeling," i.e., "vague," there. At the same time, it must be accompanied by a desire to change.

Me 2020-09-23 15:44:19 Anyway, when I go to release the desire to change this "no feeling" or vague feeling, it does indeed bring up a bit of feeling [Covering face].

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Wind 2020-09-23 15:45:01 Actually, this desire to change is you tightly holding those emotions down underneath. The suppressed emotions themselves want to leave. Let go of this topmost "desire to change," and what's underneath naturally emerges. You release, and it keeps emerging continuously, like waves.

Wind 2020-09-23 16:22:08 Another thing: "Get everything you want through release." How do you understand that sentence? Its meaning is also different from what people usually say.

Me 2020-09-23 16:25:54 Probably just the literal meaning [Covering face]. Lester Levenson shared that he got his bathwater through release; always had hot water.

Wind 2020-09-23 16:26:06 Yeah, it's the literal meaning. Because I forget if it was in part three or four, but he explained that this guideline will keep you releasing continuously. Because you always live in wanting. Want this, want that. His point is, whenever you have something you want, use release to get it. No matter the size. This is a very radical way. Without action, without the consciousness of action, it falls into your experience, falls into your lap. That is, if you want to raise your arm, after releasing, your arm will float up. no energy is required. I've had quite a few experiences myself. Individual experiences, one by one.

Group Member: 2020-09-23 16:39:34 Things like money, also?

Wind 2020-09-23 16:39:39 Yes. When I was in Australia, I had financial problems. Rent wasn't paid.

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Then I locked myself in my room and released for a week. As a result, someone helped me pay the rent, someone transferred money into my account. Everything fell into place and was solved. But before I went out, I had already released the want regarding this matter. Didn't even think about it anymore.

Ju Ting 2020-09-23 16:42:24 @Wind? Did your release steps for this part also involve first releasing various feelings, then connecting to the wants?

Wind 2020-09-23 16:42:42 I used the method from the fifth lesson: perceive the feeling, perceive the want, then let it leave.

Me 2020-09-23 16:45:20 That thing that didn't need to be returned – I called it a "miracle." Because it was very strange. I went to the Commonwealth Bank to inquire, asked if someone had transferred by mistake. After inquiring, the bank said no, it was correct. But they didn't say the reason for the transfer. I didn't dwell on it. Any bad feelings I had, I released. I saw them as wanting to control and wanting approval, then released. This incident was the first time I trusted this principle completely. Because it was so strange. Lester Levenson even mentioned what happened later in a video. Of course, "The Way" also talked about materialization and dematerialization. In the video, he mentioned this is because you reach the astral world. You can do things instantly, teleport, directly manifest matter.

Wind 2020-09-23 16:50:34 This opportunity. When you release the ego sense, no effort is needed; things fall into your experience. When you do it enough, you will learn how to create instantly, which means materializing and dematerializing things. In this process, you will learn to manifest matter, even gold. Of course, when you master the formula for making gold, you won't want to carry it on you; it's too heavy. You only think about what you want and what you need. You create them for use, not for saving. Saving reflects uncertainty,

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reflects the feeling of "I cannot have." Because you cannot have, it's better to plan for the future. People who can materialize never carry things on them. If they want something, they materialize it. The original words are here in "The Way 1." Now, whatever you need, you create it. Because you've left the state of having. No need to save matter. So far, my experiences of getting money through release have all come by themselves. Of course, I've never had a big demand for money. Never specifically dealt with it. What I've dealt with more is relationships. I travel everywhere without spending money. Everywhere I go, I have friends who warmly host me. So I think the world operating on love is also feasible. Not necessarily in the capitalist form that most people are in.

Xia Shan 2020-09-23 17:15:23 I want to ask, is the size of a goal measured by its monetary value in goal release?

Wind 2020-09-23 17:17:45 According to your own perception of size. What you think is far from you is a big goal, requiring more release. What you think is close to you is a small goal, maybe a little release and it's achieved.

Xia Shan 2020-09-23 17:20:30 For example, I feel I lack love and 1 million. I would consider getting love as a more distant goal. Could that be possible?

Wind 2020-09-23 17:20:52 Yes. It depends on you. The size of the goal is just what you perceive it to be.

Wind 2020-09-23 17:26:58 However, a friend once wanted to use the release method to speculate in stocks, and I did discourage him. There's no need to speculate in stocks with the release method. Let me share my experience. My experience is, when you release the sense of lack, money actually doesn't tempt me. I don't feel I lack money, nor do I feel I must have a lot of money. Several friends have tried to get me to start a business, but I don't go. Because I like this freelancing life now.

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Wind 2020-09-23 17:42:14 My home is in Suzhou, but I travel everywhere. Traveling everywhere. In Wuhan now. I have friends everywhere, urging me daily to come visit them. I traveled for a year last year and only spent on train fares. [Chuckle] So I don't have a high attachment to money. I don't feel money is indispensable. This belief is very weak. I think operating on love works better. Now I only take on work I like. Some freelance IT work. Also some translation. I majored in Finance in university, but I don't want to do finance. That industry is all about money, money, money. No fun.

Yi Xuan 2020-09-23 17:47:29 @Wind? You're already living completely in true Self mode.

Wind 2020-09-23 17:47:40 No, not that exaggerated [Covering face]. Still have some problems, of course. But I really don't want to be tied down by making money. The goal of release is to be free from money, not to achieve a certain amount of money. To leave the state of "saving." This state equates the amount of "having" with happiness.

Xia Shan 2020-09-23 18:00:52 @I am Infinite? Taking care of baby while learning release [Salute].

Wind 2020-09-23 18:04:39 Getting married and having kids does make things quite troublesome [Chuckle].

Sister YUYU 2020-09-23 18:06:02 You guys aren't married yet? So young!

Wind 2020-09-23 18:06:27 I just graduated from university a year ago.

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Wind 2020-09-23 18:11:46 I started frantically reading about religion, meditation, philosophy in middle school... At that time, I tried various sitting meditations. After learning the release method, I focused exclusively on it. In my life blueprint, I never imagined becoming a "successful person" as defined by people. Because people's definition of success seems mostly to be businessmen. When I was a child, I wanted to become a wandering swordsman. Now, I want to be a wanderer.

Sister YUYU 2020-09-23 18:28:07 Wind? Is your avatar a person? Very swordsman-like.

[Image]

Wind 2020-09-23 18:28:18 It's my girlfriend. She passed away from congenital heart disease. So I've kept it there. What I learned before was relatively traditional or orthodox. To study Buddhism, I specifically looked at the Pali Canon. So I generally despised things like spiritualism; I looked down on them. So things like "A Course in Miracles," I just glanced at and thought, "What is this nonsense?" The release method, because it's effective in practice and the teachings are concise and powerful, very different from the messy concepts of other spiritual paths, so I used it and found it really good. The deeper I went, the more I found this thing most direct. Good, that's it! So I started focusing exclusively on the release method.

2020-09-25 Wind explains some questions about release, the importance of keeping the release method simple and original, and the phenomenon of modifications and additions to the Original Release Method in the market

Mu 2020-09-24 00:17:53 If you were single now, would you choose to fall in love and get married?

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Or continue releasing until enlightenment?

Wind 2020-09-24 00:18:16 I wouldn't fall in love or get married.

Me 2020-09-24 21:55:54 I suddenly perceived the fear of death. Then immediately, I didn't defend against it. I let the fear of death get closer and closer, stronger and stronger. This fear of death turned into an evil spirit, seeming to get closer and closer to me. I held on

desperately, not defending, not distracting myself. Just enduring. Until the threat of death turned into a voice whispering in my neck: "Dare I let you eat me?" Instantly, the fear of death reached its climax. I couldn't hold on any longer. My whole being was screaming, "No!" Then consciousness directly shut down and blocked it. Afterwards, I thought with lingering fear: why is there not a shred of support when facing the fear of death? It's completely one-sided. Can't last a second. I tried releasing the desire to change this situation. No breakthrough. Suddenly, I remembered Lester Levenson's words and understood. When the fear of death is about to come out, I subconsciously equate the fear of death with real death. That's why I desperately prevent it from surfacing, not daring to let it out. That is, although I did nothing consciously, I actually did something, because subconsciously I equate the fear of death with death. Discovering this, I seemed to regain my strength. Then I thought, should I call it out again? Immediately thought, forget it, next time. This time, exhausted physically and mentally, can't take it anymore [Covering face].

Wind 2020-09-24 21:57:02 [Chuckle][Strong] This is really unbearable. Every time the fear of death appears, I retreat. Can only try again and again. Lester Levenson also tried again and again. The inertia is too strong. A strong tendency of aversion born from infancy. Lester Levenson: "Yes, after releasing the want for approval and control, the workshop instructor Hale Dwoskin will ask you to look at the fear of death underneath. The reason you want approval and control is so you can survive. So the workshop instructor will guide you to go further and deeper. Now if they get stuck, let them release on the stuck feeling. When they release that, they can face the 'fear of death' again. If they are stuck, it's just an attempt to escape that fear of death, equating this feeling with death. You have to constantly remind them it's just a feeling. The fear of death is just a feeling. Feelings don't bite, don't shoot you, don't hit your head. It's just a feeling like any other, but the tendency to escape it is very strong, with great inertia. So now you need to work to let it surface and leave. As soon as you start letting it surface and leave once, you'll find that each time this feeling comes out, you don't die, you're still alive. So you can look at it again and again." Lester Levenson told the instructor to constantly remind students that it's just a feeling. As long as you successfully release once, you can continue.

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Wind 2020-09-24 22:08:57 Those extreme sports should also be people looking for this feeling. Afraid to die, yet wanting to die. This is really unnecessary. The fear of death is already in your subconscious. No need to touch it through real risk.

Me 2020-09-24 22:39:19 People who successfully escape from car accidents seem to have a feeling of surviving a disaster. This feeling is very, very present in the moment. As if everything is different. But they return to normal after a few months.

Wind 2020-09-24 22:40:06 People who recover from serious illness also have that period. That feeling is very good. A sense of rebirth. I'm using another guideline today. I'm trying to correct the way I act. Let everything be done through release. In practice, I find this is quite difficult. Mainly the inertia of action. Subconsciously acting through old ways.

Rui Lan 2020-09-25 10:26:49 When releasing desires or emotions, is it necessary to stay in that emotion or desire for a while longer, and then ask the three questions? Experienced teachers, please help answer.

Wind 2020-09-25 10:27:26 Do it. identify it. Because emotions are quite mixed, which hinders release. So you use the chart to categorize it. See what emotional category it is: apathy, grief, fear, lust, anger, or pride. If several appear together, release the most superficial one, the one you are most aware of. For releasing desires, perceive whether it is wanting to control or wanting to be safe. Similarly, if it's a combination of both, perceive the one you are most easily aware of. After identifying, it's best to follow the process. The process is designed to be as simplified as possible. If you feel the need, you can feel it a bit longer, but try to follow the process. If you just feel, you might get stuck in the feeling, moving further away from release. Allow yourself to feel, and then also let it go. This is the release process the question prompts aim to guide you into.

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Wind 2020-09-25 10:41:30 The chart has many uses. If you can't perceive the emotion, you can use the chart for assistance. This is one use mentioned in the course. Or if you feel several but can't decide, release the superficial one first. If you feel your feeling is particularly vague, then this feeling is "vague," directly trace it to apathy. For releasing desires, see what you want right now: want to control or want approval. As soon as you perceive your wanting, release happens almost instantly.

Chen Yuting 2020-09-25 10:45:00 @Wind? I can perceive my "want," but I can't release [Covering face].

Wind 2020-09-25 10:45:16 You're not familiar with release yet. Take it step by step. First learn to release. Then learn to release deeply. The best way is to follow the guidance of the process. Try to relax as much as possible. Experience the process. Feel your feeling. Identify your feeling. Repeat the three questions.

Chen Yuting 2020-09-25 10:52:40 Actually, I didn't achieve the first two. The answers to the last three questions have no power; it's just the mind answering.

Wind 2020-09-25 10:53:30 Don't worry about these. Just follow the process. It's like riding a bike. No one gets the balance right the first time.

Ju Ting 2020-09-25 11:16:22 @Wind? Do you think it's better to use first person or third person for these three questions?

Wind 2020-09-25 11:17:05 Either is fine. Actually, based on the English context, I even omit the person. Can I let it go? Willing? When? This is not the key point. Because in English, "could you"

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Wind 2020-09-25 11:18:07 it's just a habitual usage. A faithful translation could be "could you" or "can you." No need to worry about the subject. For example, the instructor later asks "just could you." Just "can you." The focus isn't on "you," it's on "could."

Yi Ming: I personally feel this way of asking is better, for your reference:

1. What feeling am I experiencing now? (Awareness)
2. Do I allow this feeling? (Observation)
3. Can I let go of attachment to this feeling and just let it be? (Detachment)
4. Am I willing to let go of attachment to this feeling? (Willpower)
5. When do I decide to let go of attachment to this feeling and let it be? (Determination)

Wind: I still suggest not making any modifications to the process. Because the release method itself emphasizes that you don't need to try to understand the questions. Observation, detachment, willpower, determination – these are using Buddhist vocabulary. Lester Levenson explained this very simply. let it up, let it go. Just let it surface, then let it leave. up and go. This, as a release experience, keep it simple. From my experience, adding your own understanding and changes to the method actually weakens its power. When I first learned the release method, I also liked to do this. Because I had read too many other theories. Later I found that not deleting, not changing, not adding my own mental explanations, is the best way to release. If you need theoretical support, use Lester Levenson's own words. Exclude all external expressions that interfere with its purity. The process you just gave has already changed the meaning of the release method. This understanding has added your own mind. Also words like determination and willpower. When Lester Levenson talked about the release method, he didn't even use "willpower" anymore. I respect personal experiences. Individuals may have many very good experiences. But I don't want the method to be mixed. So I'm clarifying in the group. Your intentions might be good, but you are indeed creating your own method.

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But the release method doesn't need to be interpreted by modifying the question prompts. If everyone did this, the original method wouldn't be preserved. The purpose of my translating materials is to let beginners directly contact the release method, without mixing in my personal opinions. Not only not mixing my personal opinions, but also not mixing the personal opinions of Hale Dwoskin and Larry Crane (Lawrence Crane), who later started their own organizations. Of course, I know that for many people's karma, modifying the method is inevitable. So I'm just trying to clarify as much as possible. The release method course created by Lester Levenson is not inspiration, not revelation, not needing to be mixed with other teachings. It is a complete map.

ZOEY 2020-09-25 13:15:40 @Wind, I'd like to ask Teacher Wind. Yesterday, I experienced inferiority. Looking at the emotion chart, I saw the closest thing is "I can't." I'm not sure if this corresponds to that?

Wind 2020-09-25 13:16:04 If you feel it is, then it is. Try not to analyze. feel, don't think.

ZOEY 2020-09-25 13:18:34 I used to only release the felt emotion, missing the step of tracing up to the main category. So seeing this belongs to "apathy," the awareness isn't obvious.

Wind 2020-09-25 13:18:43 Yeah, tracing helps you categorize. Continue the process.

ZOEY 2020-09-25 13:19:13 But doesn't this tracing also use the mind?

Wind 2020-09-25 13:19:20 Yes. The instructor gave an analogy: it's like riding a bicycle. At first, you need to operate a bit; you might use some mind.

Wind 2020-09-25 13:19:57 But most of the time, you are still experiencing the feeling of riding. It's the same with the release method. In operating the process, you need to use it a little. But beyond the process, keep the mind out. Focus more on feeling. The sole function of the mind is to operate the process. To let you slowly become familiar with release. In fact, if you release using the process for wanting to control and want for approval, you use the mind very little. After becoming familiar, it's very natural.

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Wind 2020-09-25 13:21:11 Like the analogy in the course: after finding the balance, you just ride. But the initial process of getting familiar is very important. Definitely don't arbitrarily delete or change steps.

ZOEY 2020-09-25 13:23:32 Then, from releasing feelings to releasing wants, is there a sequence? Because I'm doing both.

Wind 2020-09-25 13:23:32 Don't do both. The first is the foundation for the second. If you have no problem with the first, go to the advanced. After you are familiar with the advanced, you only use the advanced. No need to go back to the elementary way.

ZOEY 2020-09-25 13:24:21 So you're saying the first stage is to release feelings first (feeling -> trace to category -> release)?

Wind 2020-09-25 13:24:29 Yeah. This is to let you experience what releasing emotions feels like. The second stage begins to accelerate.

ZOEY 2020-09-25 13:24:47 What does "no problem" mean? Being familiar with the process, or something else?

Wind 2020-09-25 13:25:11 "No problem" means you can clearly release using this process. If the experience of release is very clear to you, and the process is very handy, then look at the "want" behind it. Release the want directly. This will increase your release progress a thousandfold. Just focus on doing one thing. If you can do the advanced method, then focus on these two "wants": want to control and want for approval. The previous one can be set aside.

ZOEY 2020-09-25 13:27:02 Okay, also, what about the third "want for safety"?

Wind 2020-09-25 13:27:13 You don't need to worry about this now. Because you can't see it yet. When you have released enough want to control and want for approval, that want to survive (fear of death) will surface. You will see it and can release it. So the original release method course has you focus on the two wants covering the "fear of death." When you can see it directly, you directly face and release the fear of death. This way, I think I've explained the stages and sequence of the release method system very clearly [Chuckle]. This is the step-by-step progression of the very first release method course, without adding too many strange methods.

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The theme you need to focus on is very concise.

ZOEY 2020-09-25 13:31:24 @Wind, yes, what's needed is to remove the side branches and unnecessary details, leaving only the most essential, fundamental, and concise. The more fundamental the thing, the simpler it is.

Wind 2020-09-25 13:31:47 I didn't remove details to make it simple. It was originally this concise. I just need to present its original form. I didn't use any scissors myself.

ZOEY 2020-09-25 13:32:52 Yeah, haha. What I mean is, compared to the previous method in "The Abundance Book," for me, currently encountering your explanation of Lester Levenson's own theory is removing details to make it simple. It's not that you changed the original form, but that the original form and foundation had many things added to them, making it easy for people to miss the point.

Wind 2020-09-25 13:33:39 I know. I'm just saying that this conciseness belongs to Mr. Lester Levenson, not me. I cannot claim credit for his achievement [Chuckle].

ZOEY 2020-09-25 13:38:22 Same feeling as others in the group mentioned. I've wished more than once for a stronger person to provide more guidance. The group owner was also seeking a companion [Grin]. It seems the power of everyone's shared consciousness is enormous. Thank you, Teacher Wind.

Wind 2020-09-25 13:39:20 My release is average. My theoretical research is okay. There should be many in the group who release better than me, so I don't casually talk about personal experiences. I just try to speak as much as possible about the original methods and teachings I see in the materials.

Xia Na 2020-09-25 13:49:58 I guess the reason everyone creates their own methods so much might also be related to what's written in the books. Probably something like "the release method does not conflict with other methods and can be compatible" is written.

Wind 2020-09-25 13:51:07 His meaning should be: you can practice the release method in the morning and go practice some X method in the afternoon. Not mixing these two methods simultaneously. That's how I see it. But actually, according to Lester Levenson, if you can

release continuously, why would you need to mix methods? He doesn't even recommend students mix extreme problems.

Xia Na 2020-09-25 13:52:59 So when I used to follow Ho'oponopono, it was also mixed. I only realized a bit after reading the book [Covering face]. Good thing I hadn't really started and met you guys. I'll start practicing again with the most original method.

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Wind 2020-09-25 13:53:44 Mixing is really not as fast as focusing on one method [Chuckle].

ZOEY 2020-09-25 14:03:37 @Wind? Did Lester Levenson ever talk about the pipe method? Like the "Abundance Book" says imagine inserting a pipe, letting energy rise and leave through the pipe. Did Lester Levenson himself ever mention this?

Wind 2020-09-25 14:04:09 Lester Levenson never talked about inserting pipes. He talked about suppressed energy. Lester Levenson himself did not leave any audio teaching the basic course. But the '92 release method course was personally set by Lester Levenson. The method used there is the method Lester Levenson created. After creating the release method, Lester Levenson no longer taught people personally, but let release method teachers teach. He would regularly talk to enrolled graduates on advanced courses. So the question "how to use the process to release" was solved in the basic course. The original process is a guided up and go. Identify the feeling. Perceive it. Let it leave. The key is to activate this innate ability to "release." Make it usable for any feeling. Let all those feelings on the emotion chart be identified one by one. Then simply let them leave. Feelings are suppressed energy. The reason they are there is because you suppressed them inside. The pipe method might work for some people. But I personally still focus on recommending the original process. Because the pipe involves an imaginative process. This is quite difficult for people with poor imagination. If it becomes a task requiring effort, it's hard to operate.

Chen Yuting 2020-09-25 16:30:45 I can imagine, but I can't feel it leaving.

Wind 2020-09-25 16:31:14 Actually, it's just repeatedly asking: can I, will I, when will I let it leave. If it doesn't leave, repeat the process and ask again. No need to add imagination. My experience is that Larry Crane (Lawrence Crane)'s modified method also weakens the power of the release method. Because it adds an imagination. But the release method itself just lets you honestly experience the feeling. I say this because pipe insertion didn't help me learn to release.

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Wind 2020-09-25 16:33:27 I learned later by doing the process, recalling the feeling of "releasing pressure" at that time, and slowly getting it. No matter how I inserted the pipe, it didn't work [Covering face]. I kept perceiving the feeling, then asking myself if I could let it go. I found I could let go anytime. That is, I discovered that "letting go and letting it leave" is something that can happen as soon as you decide. No need to imagine, no need to analyze. The simpler you ask yourself this, the more you discover this.

Chen Yuting 2020-09-25 16:38:56 Is it still "turning consciousness"?

Wind 2020-09-25 16:39:13 Not turning consciousness. Later I learned the principle from Lester Levenson's audio. Because suppressed feelings push themselves outward. It's you consciously holding them down. As soon as you decide to let go, they whoosh out. let it up, let it go. After all, release is this. It's actively looking at it, then letting it go. But the process is the biggest help. Relying on habit alone, you might not release. But directly letting it surface, directly letting the feeling leave – they don't know how to handle it. The original process, in my understanding, is not to add, not to delete.

Zhi Xian 2020-09-25 16:49:20 A rational person, if they use pipe insertion, will dwell on where to insert it, whether the pipe is thick or thin, various logical problems [Covering face]. @Chen Yu (Qinyu?? Human Design)? That's me! Each time, I need a lot of preparation before releasing.

Wind 2020-09-25 16:50:14 Regarding the pipe insertion method, this is what I started with. I found it too complicated for me. After I experienced release, I also tried pipe insertion. But then I found it unnecessary. Because after perceiving, there is a natural tendency to let go.

Me 2020-09-25 16:53:41 The original process can also be easily misunderstood. Some people will consciously take the energy out with their breath.

Wind 2020-09-25 16:53:57 That's misunderstanding it as something happening in the mind.

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Actually, the original course said that when he says "perceive the feeling," it refers to the feeling in the chest and abdomen. Advanced method: directly release the two major wants, including the desire to change the current stuckness. But this must be done on the basis of being familiar with release. Otherwise, it's just wildly imagining in the mind. If you can perceive the desire to change, it's easier to release. That's how I think. Release must be clearly experienced. Even if initially unclear, you must slowly understand what the feeling of leaving is like. If you don't understand this, you cannot operate the later things. The first thing lays the groundwork for the next. You must release up and go. You can't just let it up without letting it go.

Wind 2020-09-25 17:14:56 I've parted ways with many people over this before. They had studied Buddhism before and would subconsciously confuse it with "Four Foundations of Mindfulness," thinking that "just being aware" can make it leave. Feeling that just being aware is enough. This is why I've become so fundamentalist. People learning the release method now like to mess around and change it; it's really hard to handle [Chuckle]. Because the release method is indeed too simple, they always want to modify it. Sometimes you have to emphasize that it is energy. Mainly, some people mistake "understanding intellectually" for release. I've encountered this quite a bit before. Whenever that happens, I would say it's actually energy; you can feel the energy leaving the body. The energy stuck in the chest and abdomen passes through the body.

Hui Xuan 2020-09-25 17:19:30 Isn't the "Four Foundations of Mindfulness" about feeling emotions and allowing them to surface?

Wind 2020-09-25 17:19:59 The Four Foundations of Mindfulness involve observing and analyzing mind, matter, and phenomena. This is a very different path. It requires the concentration of "momentary concentration" (khanika samadhi), very different from the release method.

Wind 2020-09-25 17:29:06 Actually, Larry Crane (Lawrence Crane) also used question prompts later. His modification was a bit strange. Later, I watched his videos on YouTube. His questions were particularly long, like tongue twisters.

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Wind 2020-09-25 17:30:10 But I think it's a bit better than Hale Dwoskin's modifications. Because he asks "could you let the wanting of control go so you can have control?" Looping like this. But Larry Crane (Lawrence Crane)'s student asks "could you say yes to it?" and more, and more [Covering face]. Larry Crane (Lawrence Crane)'s line of modifications isn't that complicated. Hale Dwoskin's line of modifications is very complicated. "Can you notice the perfection of the present moment? Can you welcome the imperfection of the present moment? Can you notice that perfection and imperfection are a whole?" [Covering face] Yeah, when I showed that video to a friend, he burst out laughing. Said he couldn't concentrate on releasing because Larry Crane (Lawrence Crane) spoke too fast, like a tongue twister. He kept laughing throughout the process and couldn't release.

Wu Xin 2020-09-25 17:45:11 Teacher? Just now I went to the vegetable market in our neighborhood and saw the male owner of that small supermarket again. (Previously, I bought a game controller for my son. It wasn't suitable, and I didn't ask my son to go exchange it because the packaging was thrown away. He resolutely refused to exchange it. His attitude was so bad that my son, in tears, wanted to grab a kitchen knife and fight him. I stopped him.) Seeing him, the urge to chop him to pieces with a knife arose. Feeling this emotion. Willing to let it go? No. Feeling the emotion again. Willing to let it go? No. Feeling again and asking again. Willing? This time answered, Yes. Feeling that at the same time as answering "Yes," it left. In this situation, do I still need to ask "When?" and answer "Now"? For the process to be complete? But if I answer "Now," and that feeling of willingness to let go has already left, what to do?

Wind 2020-09-25 17:45:49 If it's gone, just look again. See if there's any remaining emotion towards it. Any remaining emotion. Then go through the process and release again. It doesn't hurt to ask anyway, right? [Chuckle]

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Me 2020-09-25 17:50:56 You threw away the packaging, they can't resell it, of course they won't exchange it. That's reasonable.

Me 2020-09-25 17:56:55 I don't care whether the other party is reasonable or not. I only care about my own emotional feelings and release them.

Wind 2020-09-25 17:57:17 Emotions are yours. If you can't release them, you suffer.

Mu 2020-09-25 17:57:47 Release isn't about reasoning. Don't try to reason it out. Give up reasoning and directly face the emotion. Every time you reason, you're suppressing the emotion.

Wind 2020-09-25 23:19:04 Now there's quite a lot of commercial promotion domestically. The release method already has psychological counseling licenses. Do you know Jia Wei and Xiang Rong? Two Taiwanese people. They are doing this. The materials they use are from "Zero Resistance," also written by a Taiwanese, Xu Yaoren. I followed Xu Yaoren's recent situation later. He no longer talks about the release method at all now. No longer talks about the law of attraction either. He's all about commercial stuff. He even made a video explaining why he no longer talks about the law of attraction. He said he came into contact with these things; they worked short-term, but later he found major problems couldn't be solved. He felt the world might not be that simple. Of course, he also stopped mentioning the release method. I don't know why he gave up the release method. Many people in China learned about the release method through his book. Should be the first officially published book related to the release method. "The Golden Life of Zero Resistance." Zhang Defen and others also recommended the release method. But she didn't continue with it herself. She keeps wandering among various new spiritual knowledge.

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2020-09-26 Wind introduces the time Lester Levenson created the release method, continues Q&A on some issues in learning the release method, translates the pieced-together Free Six Steps and the Free Six Steps from the '92 course

Wu Xin 2020-09-26 19:15:51 @Wind? Teacher, when using the emotion chart, if I see the relevant emotion, should I release whenever there's an emotion? If I can't recall the specific event, does it affect the release?

Wind 2020-09-26 19:16:40 It doesn't affect. In fact, contrary to the materialist worldview in our education, Lester Levenson's worldview is reversed. The true Self first creates the mind (ego). The ego artificially creates a sense of lack, then develops basic wants. Basic wants generate emotions. Emotions generate thoughts. Thoughts then project the world. So specific events in this world come after emotions. You release emotions, and you release many thoughts about this event. Then the event won't be projected. This principle is unacceptable for most people at first, but becomes clearer with release.

Me 2020-09-26 19:33:12 @Wind? Lester Levenson became enlightened in 1952. He said he came back after 18 years of being enlightened. That is, before 1970, he was in that floating state, resulting in "The Ultimate Freedom." Then after returning, he truly started teaching the release method. This matches up. Why didn't Lester Levenson teach the release method before? He wasn't back; it wasn't easy to teach [Covering face].

Wind 2020-09-26 19:33:53 Yes. And he also said there were some small gatherings at the beginning, but those people didn't make much progress. Because as long as he was there,

they were high. As soon as he left, they fell back down. They attributed everything to his power, developing a dependent relationship. So later, he no longer personally guided people. I recall, Lester Levenson wrote down the six steps in 1972 and never changed them since. The release method formally took shape. If he floated for 18 years, then he returned in 1970. That coincides with the year of "The Right Path." Two years later, he wrote down the six steps.

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Me 2020-09-26 21:45:56 Today, seeing two friends, observing their every word and action, suddenly felt a strong urge to leave the world.

Me 2020-09-26 21:46:13 Such a big stimulus?

Wind 2020-09-26 21:47:27 One got married, one succeeded in business, but both were clearly unhappy. Still stuck in the cycle of their original emotions.

Wind 2020-09-26 22:01:24 At most, I locked myself at home for seven days. It did help a bit. Unfortunately, I didn't persist. Didn't release for nearly half a month, not even once. Just stayed in that relatively comfortable state. Correction: it was half a year. About five months.

Wu Xin 2020-09-27 08:31:37 @I am Infinite? The release method uses the process. Does releasing thoughts also use the process?

Wind 2020-09-27 08:31:54 The release method doesn't involve releasing thoughts. Because that's too slow. Cutting leaves. You'd never finish cutting for a lifetime. And it's easy to get caught up.

Wind 2020-09-27 10:09:16 Actually, it can be said this way: a want is a tendency. I saw someone yesterday asking what basic wants sexual desire and appetite belong to. This is actually trying to analyze, not perceive. Trying to figure out its components leads to such questions. But in fact, when appetite occurs, you can perceive your tendency. For example, when you taste something delicious, you want to eat more. Same with sexual desire. If you want to grasp a certain feeling, it's wanting to control. It might also be mixed with wanting approval; you can perceive that too. And when you are starving, the fear of death emerges; the tendency here is wanting to survive.

Wind 2020-09-27 10:35:30 Sharing an insight gained from releasing this morning: Deeply experiencing that we live in "wanting" every moment. Releasing a "want" motivation terminates related emotions and thoughts, leading to a profound stillness. Continuously releasing "want" continuously weakens the sense of being the "doer," making life more like a "happening" scene by scene. Driven by wants every moment. Continuous release directly breaks this chain of "want." How to express it more clearly? Let me organize my words. No matter what, even the simplest washing, has wanting to control in it. That motivation is always inside. I only slept four hours last night. The rest of the time, I continuously released the want to control and want for approval. Felt wonderful [Chuckle]. Stimulated a bit, I did have some momentum for release. Anything that can disturb me is a desire. Any impulse to "do" is also this tendency. It's also wanting to control and wanting approval.

ZOEY 2020-09-27 12:31:25 @Wind, perceiving resistance to a colleague, behind it is the desire to want to change (control). But I can also feel my fear; it's fear that makes me want to control. Should I release the desire to want to control? It doesn't feel like the root thing.

Wind 2020-09-27 12:32:10 Is it the emotion of fear, or the fear of death (want to survive)? These are different levels. fear is a kind of emotion. But fear of dying is the most fundamental thing. However, no need to dwell on this. Releasing desires doesn't mean looking for the most fundamental thing to release. It means looking for the most superficial, the one you are most aware of. Because it has already emerged. If you don't release it, you're suppressing it back down. So, if you now feel wanting to control, release it directly. After releasing this topmost want to control, whatever is underneath, no matter what, will surface again. Surfaces for you to release. This way, you can be in continuous release.

Hai Xing 2020-09-27 12:39:34 At the beginning, I strictly followed the steps. Later, I just followed the feeling. As soon as I perceive, I'm back. This is also accumulated experience, only my personal experience.

Wind 2020-09-27 12:40:18 This often happens. I guess most people who have released for several years have experienced leaving as soon as they perceive. But I still suggest following the process, because the process for releasing wants is already very simple. Mainly, the mind easily deceives itself, easy to get stuck. So suggest continuing to release.

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Wind 2020-09-27 12:41:28 Don't just become aware. Otherwise, it will get stuck there. Yeah, just release the stuck feeling there. Whatever it is, or vague feeling. Release the desire to change it.

ZOEY 2020-09-27 12:43:11 Feel a strong blockage in the throat, very strong. And I'm gripping it tightly, not relaxing at all.

Wind 2020-09-27 12:43:47 Do you want to change it?

ZOEY 2020-09-27 12:44:13 There is a desire to change, but a little less than at first.

Wind 2020-09-27 12:44:31 Don't suppress this desire to change. Perceive it, release it. Allow it to surface, allow it to leave. This needs to be gentle, patient. Because the level of desire is indeed very subtle.

ZOEY 2020-09-27 12:46:15 When gripping tightly, I tend to hold my breath.

Wind 2020-09-27 12:47:12 So you are still gripping tightly.

ZOEY 2020-09-27 12:47:12 The stronger the resistance, the more I want to control, the more I grip tightly, block, stuck. That's get stuck.

Me 2020-09-27 12:53:13 [Covering face] Anyway, I just want to say that if release leads to some experiences that seem very useful, be careful not to lightly change the release method because of these experiences.

Me 2020-09-27 12:53:33 The more you release, the more you'll find the release method cannot be changed.

Wind 2020-09-27 12:53:55 Yes. The release method Lester Levenson created is a method that doesn't need changing all the way to complete freedom. [Chuckle] In 1975, Lester Levenson discovered the exact time of the "release method." He said one release equals months of meditation. Previously, he had people meditate; they just got good feelings but stopped growing. From then on, he started teaching the release method. So, when you are releasing very comfortably, instead of stopping to meditate, it's better to release one more time.

Me 2020-09-27 23:20:05 Today, I used the advanced method of releasing stuck points to specifically clear up my relationship with my parents. It seemed that no matter whether emotions, feelings, desires, or fears appeared, as long as I released the desire to change the state of having these emotions, feelings, desires, or fears, I no longer resisted, suppressed, or defended against them. These emotional feelings, desires, and fears would lose these attributes, turn into pure energy, emerge from deep within, turn into a feeling of tightness perceived in the chest and abdomen. I felt this energy emerge directly from there and dissipate on its own, without me having to release this energy. That is, purely releasing the desire to change the state of being in various emotions, feelings, desires, and fears caused these emotions, feelings, desires, and fears to turn into pure energy surging from my chest and abdomen and releasing outward.

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Wind 2020-09-27 23:20:49 Yeah, that should be it. Every suppressed feeling pushes itself outward. You just need to let go of the action of suppressing it.

Me 2020-09-27 23:21:56 Right, that's it. This is the first time I've discovered this. Before, I was always pushing them away [Chuckle].

Wind 2020-09-27 23:24:59 This is why I think the pipe method is also Larry Crane (Lawrence Crane)'s addition. Because the original release method process sees feelings as something that leaves as soon as you let go. The pipe method makes the process one where you try hard to push it away. Actually, rather than a pipe metaphor, it's more like a balloon. You release the mouth of the balloon, and whoosh, it deflates. That '92 video should be unmodified.

Me 2020-09-27 23:29:24 I never tried this before: when emotions, desires, or fears surfaced, instead of directly releasing these emotions, desires, and fears, first release the desire to change these emotions, desires, and fears. That alone releases the suppression and resistance towards them, and these emotions, desires, and fears would surface and leave on their own.

Wind 2020-09-27 23:29:30 Originally, it was about letting you feel directly, then using question prompts to guide. "Sedona Release Method 1992 Teaching Video 1" and "Sedona Release Method 1992 Teaching Video 5" – I only translated these two. One is the basic process for releasing emotions, the other is the basic process for releasing wants.

Me 2020-09-27 23:33:16 These emotions, desires, and fears haven't left the subconscious, only because of my own resistance and suppression towards them, held down and unable to leave. Releasing the desire to change them is releasing this resistance and suppression, and these emotions, desires, and fears naturally leave. Today, I truly directly experienced that emotional feelings indeed leave on their own; it's just that I've been suppressing and resisting them, preventing them from leaving.

Wind 2020-09-27 23:33:22 Today, I finally understood the process of Lester Levenson creating the release method. He invented this release process in 1975. Then one of his students heard he had his own method and immediately ran to learn it. Before that, he tried many teaching methods to get people to reach his state. Those are recorded in "The Ultimate Freedom." And those were failed experiences. Because very few people grew. The main methods tried were meditation, meditating with questions, etc. Until 1975, he found that just one "release" was equivalent to months of meditation. So he shared this method with his followers. Thus, the release method was established. So I'll share this material; don't treat meditation as "advanced." Meditation is lowering the level.

Me 2020-09-27 23:36:37 Previously, "The Ultimate Freedom" was called the basic theory of the release method by the first translators of the materials. This led to everyone being misled. Everyone studied the release method according to "The Ultimate Freedom."

Guidance of Wisdom 2020-09-27 23:45:32 Actually, I think the emotional energy level chart is also wrong.

Wind 2020-09-27 23:45:46 The level chart is not wrong. Lester Levenson often mentioned agflap, cap. Wanting to change, wanting to figure out, etc., are all wanting to control. If it's a feeling you particularly dislike and find uncomfortable, you definitely have wanting to change. If it's a vague feeling, you definitely want to figure it out. Lester Levenson talked about facing vague feelings, releasing wanting to change and wanting to figure out. In later books by Larry Crane (Lawrence Crane) and Hale Dwoskin, this wasn't completely absent. But because the order was disrupted and the focus was confused, it became hard to understand. Mainly, too many unnecessary things were added. If you don't know about releasing stuck feelings, don't know about releasing the desire to change stuck feelings, releasing becomes difficult. Because that stuck feeling is still operating inside. If you don't release it. To this day, I'm still amazed at its conciseness and power. I've practiced many methods. Sometimes I do feel this. For example, months of meditation might equal a few seconds of a single "whoosh" release.

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I don't know why Lester Levenson invented this method that is more concise and powerful than most traditional methods. I struggled with it for a while at first [Chuckle].

Me 2020-09-28 00:00:40 Really, thank you very much for the insights you brought @Wind.

Wind 2020-09-28 00:00:56 [Rose][Rose] Communicating with you all has also benefited me.

Nothing 2020-09-28 00:03:32 My head often feels stuck, face bloated. So damn hard to deal with [Covering face].

Wind 2020-09-28 00:04:00 Relax. Notice you want to change this situation. Let the desire to change leave.

Nothing 2020-09-28 00:04:35 @Wind? Don't know why, no feeling in chest and abdomen.

Wind 2020-09-28 00:05:30 Being able to feel the emotion is enough. Not telling you to find physical sensation in chest and abdomen, but to try to feel with chest and abdomen. After starting to share, for some reason, my release has also increased. Every time I finish translating or sharing, I have more motivation to release. This truly experiences what Lester Levenson said: helping others is helping yourself.

Me 2020-09-28 00:11:27 [Strong] You are the first true dharma transmitter.

Wind 2020-09-28 00:12:15 Just moved a little material [Covering face]. I plan to continue translating "The Way" tomorrow. First translate the remaining parts of "The Way."

Me 2020-09-28 00:13:22 Okay, waiting for it [Chuckle].

Me 2020-09-28 13:17:23 @Wind? In the original text, is it "want to control" or "want to change"?

Wind 2020-09-28 13:17:41 Which step are you talking about? Step five is "want to change." Step three is "want to control." Wanting to change is a kind of wanting to control. It's not that there is a "want to change" separate from wanting to control. Step two emphasizes "decision."

Me 2020-09-28 13:21:05 @Wind? Is it "want for safety" or "want for security"? I think it's "want for safety," not just "want for security."

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Wind 2020-09-28 13:22:29 Well... in fact, he most often says "want to survive" and "fear of death." I didn't change her third translation. I only changed her second, fourth, and fifth. Because I don't remember the original wording for the third translation; need to review it.

Wind 2020-09-28 17:47:02 "The Way 3." This part is particularly interesting. My mind kind of understands why Hale Dwoskin later invented his own method. Look, the questions Hale Dwoskin asked Lester Levenson in the audio contained quite a few mental tricks. Lester Levenson pointed them out. Including many people, after encountering the release method, veer off onto various strange paths. The last question Hale Dwoskin asked Lester Levenson: he said can you go with the concept of "I am not this body"? Because he felt releasing this

concept didn't feel good. Originally, he felt this concept was somewhat real; after releasing, he felt "this concept is just a concept." So he wondered if he should not release it, but instead follow this concept. This budding idea is almost the direction where Hale Dwoskin later deviated from the release method. Actually, the release method fundamentally doesn't need to talk so much. Whether Larry Crane (Lawrence Crane) or Hale Dwoskin, later on, they were just padding chapters. Because the release process is too simple, it can be explained quickly. In fact, everyone often does this. So a simple and clear process is necessary. Follow the six steps. Like just now, while translating, the external network disconnected. At that moment, wanting to control immediately arose. I forgot to release again, returning to old behavioral patterns to try hard to solve it. I perceived this and released. Then it connected. I myself also complicate things daily, with a deep-rooted habit of using the mind to solve problems. Try to release more from now on.

Wind 2020-09-28 23:21:43 The release method is too simple. Simple, or concise.

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Wind 2020-09-28 23:22:05 Part four is also translated. I listened to two hours of Lester Levenson's recordings. Some recordings I have no impression of; I listened again. But the collection the group owner has is not complete. Many audios are only half, or even just the beginning. Like "The Way Part 1" is only a bit over 7 minutes. The one on YouTube is over 20 minutes. I translated the one on YouTube. Today I listened to the audio in the file the group owner shared, like "About Releasing," which also only has about the first ten minutes. That one should be quite important, Lester Levenson personally teaching the release method. I haven't found this audio on YouTube either. The group owner's copy is incomplete. I don't know who can get that audio file. His 164 audio files are almost all incomplete. Anyway, doing intellectual collection doesn't mean much to me anymore. I already have the process and can use it to move towards freedom. Time to release. Time to release.

Sui Le 2020-09-30 09:47:00 @Wind? I don't understand this: "a chart, a sign..." What is it?

Wind 2020-09-30 09:48:06 It means write a note and stick it on the wall. Remind yourself. Lester Levenson's point is to put the phrase "get everything and anything by releasing only" in a visible place in the room to remind yourself to do this.

Miqi 2020-09-30 11:03:38 I have a point I don't understand: if you get everything you want through release, then you don't need to work anymore?

Wind 2020-09-30 11:04:07 Yes. This is emphasized in the advanced course. Lester Levenson often emphasized it. Needing to work to survive is slave consciousness. To reach the level where think and things happen, you don't need to work for a living.

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Ju Ting 2020-09-30 11:15:20 @Wind? Now when I release on something, I first release emotions, then the two major wants, then the desire to change, then the fear of survival and death. Is this the complete process?

Wind 2020-09-30 11:17:50 You don't need to release emotions first. If you can use the method of releasing the two wants, use that. Releasing emotions is the entry-level learning of the release method. That is, it lets you learn how to release and get familiar with the process. After you're familiar, you use the method of releasing wants. Release the two wants. When the fear of death surfaces, you release the fear of death. It's that simple.

Ju Ting 2020-09-30 11:21:46 @Wind? I just feel I have so many emotions [Covering face].

Wind 2020-09-30 11:22:03 You don't need to suppress them. See what wants they are and release. Or if you feel you're not yet familiar with releasing wants, you can release emotions. That's also okay.

Guidance of Wisdom 2020-09-30 11:37:38 To be honest, Xing Kong's translation is a bit off.

Wind 2020-09-30 11:37:51 Xing Kong's translation indeed has problems. It mixes in too many common spiritual terms. But Mr. Lester Levenson actually didn't like using those terms. He liked using everyday English. Lester Levenson liked to use the most concise language to express those difficult concepts. So when I translate, I also try to use everyday language as much as possible. Try not to use those big words. I can't find the original version of the six steps. Lester Levenson didn't give a concentrated talk on the six steps. He mentioned them quite scattered. Or just mentioned six step. But piecing them together roughly works. Let me try to retranslate them using his original words. Step 1: You must want freedom more than you want the world. (You must want freedom more than you want approval and control. Approval and control = the world) Step 2: Make the decision for freedom. Step 3: All feelings come from wanting to control and wanting approval; they are survival programs. Release them. Step 4: Keep releasing. Step 5: When you are stuck, release the desire to change the stuck feeling.

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Step 6: Each time you release, you are more joyful, lighter, freer from limitations. As you release, you become increasingly more joyful, lighter, freer from limitations. Okay, this is the six steps I pieced together from Mr. Lester Levenson's scattered words.

Xiu Yuan 2020-09-30 12:49:51 24 hours a day, three weeks is 21 days, that's 504 hours. Lester Levenson said three weeks of continuous release can lead to ultimate freedom, right? Has anyone practiced this? What's the longest release time?

Wind 2020-09-30 12:50:03 My longest release time was one week. Two years ago. Reached a very comfortable state, felt like I had no agflap left, or if there was, it was very subtle. Then for half a year, I didn't release. Didn't want to release, no motivation to do it.

Ju Ting 2020-09-30 12:53:20 My mind keeps clamoring: I have to talk about something, I must see someone to talk about something, otherwise how can... [Covering face]

Wind 2020-09-30 12:53:30 Then release. I haven't released much this morning; time to release [Covering face].

Guidance of Wisdom 2020-09-30 13:00:23 Do you release every day?

Wind 2020-09-30 13:00:33 Yes.

D 2020-09-30 13:21:32 Directly manifest 500 billion, compete with Jack Ma, top China's richest list.

Wind 2020-09-30 13:22:04 500 billion is world's richest.

Ju Ting 2020-09-30 13:28:16 @Guidance of Wisdom? Try releasing your desire to become the national chairman [Grin]. Prerequisite: want freedom more than the world [Grin].

Wind 2020-09-30 13:28:16 Advance congratulations to the youngest national chairman. Not interested in being chairman. No fun.

Huang 2020-09-30 16:31:03 500 billion is richest in China, surpassing Jack Ma. World's richest is the eBay guy, just checked, it's over ten times this amount. I checked before, 50 billion can be richest in a province.

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Wind 2020-09-30 16:35:56 Haha, is it over ten times? 120 billion USD, current exchange rate is 6.88, that's 825.6 billion RMB, which is over 300 billion more than 500 billion.

Wind 2020-09-30 18:35:43 This is the six steps from the '92 workbook. Not much difference, but still a bit different. Step 1: You must want serenity more than you want approval and control. Step 2: Decide you can use this method to achieve serenity. Step 3: See that all emotions come from two wants: want for approval and want to control. Immediately see and immediately release want for approval and control. Step 4: Make it a habit. Release all your want for approval and control, whether alone or in front of others. Step 5: If you get stuck, let go of your desire to control this stuckness. Step 6: Each time you use this method, you feel lighter and happier. If you continue using this method, you will continue feeling lighter and happier. All translated. The difference from what Lester Levenson said in the advanced course is that freedom was replaced with serenity. Probably to make it easier for students to understand. But the early six steps definitely only mention two major wants. The original wording was pieced together by me from the audio. Step 1: You must want freedom more than you want the world. (You must want freedom more than you want approval and control. Approval and control = the world) Step 2: Make the decision for freedom. Step 3: All feelings come from wanting to control and wanting approval; they are survival programs. Release them. Step 4: Keep releasing. Step 5: When you get stuck, release the desire to change the stuck feeling. Step 6: Each time you release, you are more joyful, lighter, freer from limitations. As you release, you become increasingly more joyful, lighter, freer from limitations. Anyway, they're all similar. Whichever wording you like, you can use.

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2020-09-30 Wind discusses changes after release in the study group, beautiful feelings also need to be released, "The Ultimate Freedom" is a record of failed teaching, what to do when you unconsciously hold your breath during release

Guidance of Wisdom 2020-09-30 10:50:58 Have any of you released disgust for someone? After all this theory talk, any practical, real-world operational aspects?

Wind 2020-09-30 10:52:31 This often happens. Release continuously, and you can release it.

Guidance of Wisdom 2020-09-30 10:52:51 After releasing, how do you interact? In reality, family, work, emotional issues are too many. Actually, most problems come from relationships.

Wind 2020-09-30 10:53:12 Hmm... I'll try to explain this. You mean problems in interpersonal relationships, right? Your meaning is, have I dealt with interpersonal relationship problems through release? My personal experience is, there will be many feelings inside. You want to control this person, want to be approved by them. What's the feeling after releasing? Experiencing love, loving them as they are in the moment. If you ask how to interact specifically, it's different for everyone. Actually, after release, often you will know what to do.

Guidance of Wisdom 2020-09-30 10:56:30 When I release, I can only eliminate that energy with the mind.

Wind 2020-09-30 10:56:51 Because you haven't drawn out and released all the subconscious emotions. Release continuously. Release continuously, your intuition will become clearer and clearer.

Leaping Flame 2020-09-30 10:57:42 Isn't the six steps enough? Why talk about so much else?

Wind 2020-09-30 10:59:50 For the intellectual part, we only need to know the six steps and the release process. The rest is just constantly operating and experiencing. If there are disagreements on conceptual things, set them aside and go release and see.

Guidance of Wisdom 2020-09-30 11:08:05 After improving emotional intelligence, does it mean you know how to speak? In reality, one wrong word can easily cause conflict.

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Actually, it's all about interaction between people.

Wind 2020-09-30 11:08:23 Emotional intelligence means emotion management, right? The release method directly releases emotions; no need to manage them. What you're talking about is the action level. The release method operates at the foundational level. Feelings drive thoughts, thoughts drive actions. Release the feeling, and you don't need to

deliberately adjust your actions. If you still need to adjust your actions, it only means you're suppressing the feeling.

Guidance of Wisdom 2020-09-30 11:10:22 You mean after release, the mind suddenly understands, knows what to do.

Wind 2020-09-30 11:11:09 Something like that. Continuous release brings astonishing insights.

Guidance of Wisdom 2020-09-30 11:11:31 But sorry, I haven't had this realization.

Wind 2020-09-30 11:11:32 So I try to say, go release, don't think about those questions.

Guidance of Wisdom 2020-09-30 11:11:59 Can't release.

Wind 2020-09-30 11:12:18 Is it that you can't operate the process, or you can't sustain it?

Guidance of Wisdom 2020-09-30 11:12:22 Can't release continuously. Or maybe there's a problem with operating the process?

Wind 2020-09-30 11:12:47 If you can't operate the process, keep using it until you experience release. Until you have a clear experience of release. If you can't sustain it, remind yourself to keep doing it. Until the feeling about something is released relatively thoroughly. You'll naturally see its earth-shattering change.

Guidance of Wisdom 2020-09-30 11:13:45 Patience is limited. Seeing no reward, where's the motivation?

Wind 2020-09-30 11:14:01 That means you might have some problem operating the process. Because every release is accompanied by joy and lightness. Every release has a reward. Try following the process, experience release. Then it'll be fine.

Guidance of Wisdom 2020-09-30 11:15:20 Other aspects are useless.

Wind 2020-09-30 11:15:33 Yeah, that's the first problem then.

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Wind 2020-09-30 11:16:05 The initial release experience – first learn this, then just use it constantly.

Dalu Zheng 2020-09-30 11:16:27 @Wind? Do some beautiful feelings or experiences also need to be released?

Wind 2020-09-30 11:16:54 This also needs to be released. Simple, because after release, it gets better. Mr. Lester Levenson often uses the word "better" or "go further." Go further, that's it. Don't stop; there's something better later.

Guidance of Wisdom 2020-09-30 11:19:29 After release, does the feeling turn into a feeling of love? Like in "The Autobiography of Lester Levenson."

Wind 2020-09-30 11:19:44 After release, you can indeed feel more love. Because all feelings are non-love feelings. After release, the true Self's natural love will manifest.

Guidance of Wisdom 2020-09-30 11:20:19 How does it show in dealing with people?

Wind 2020-09-30 11:20:46 In dealing with people, you will understand them better. You'll stand in their shoes. This will dissolve many problems.

Wind 2020-09-30 11:28:40 Step 1: You must want freedom more than you want the world. (You must want freedom more than you want approval and control. Approval and control = the world) Step 2: Make the decision for freedom. Step 3: All feelings come from wanting to control and wanting approval; they are survival programs. Release them. Step 4: Keep releasing. Step 5: When you get stuck, release the desire to change the stuck feeling. Step 6: Each time you release, you are more joyful, lighter, freer from limitations. As you release, you become increasingly more joyful, lighter, freer from limitations. This is the six steps I translated from Mr. Lester Levenson's original words. For reference. For the basic process, just use that '92 release method course video. The basic process I talk about is based on that. Try as much as possible not to base it on any later books. I personally tend to be a bit fundamentalist, because for me, the original one is the most efficient. But I don't oppose others learning from books either.

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I just prefer the original course. 1 is basic release. 5 is, after you are familiar with releasing emotions, advance to releasing wants. When you are proficient with the method in 1, you can try using 5. When you are proficient with 5, just use 5. Tool in hand, bingo! The rest is just keep using it, keep using it, moving towards freedom.

Dalu Zheng 2020-09-30 11:56:49 Listening to the English part, some I understand, some unclear. Is it okay to just rely on your text part for understanding the basic process? @Wind

Wind 2020-09-30 11:57:23 That's okay. Actually, the process is really simple.

D 2020-09-30 12:03:28 @Wind? Did you translate Lester Levenson's book? Did you translate those recordings?

Wind 2020-09-30 12:03:47 No. Currently, I've only translated parts of "The Way 1, 2, 3, 4" and excerpts from two '92 videos. I'll translate more of Lester Levenson's audio when I have time later. However, the basic process also has an aid: tracing. When your feelings are mixed, you can use the emotion chart. See which category your emotion falls into. Then feel it. This is an auxiliary use of the emotion chart. "The Ultimate Freedom" collects early audio. That is, before he invented the release method, within eighteen years, he tried various methods to teach students, but students made little progress. Later, probably in 1975, he discovered the release method. Found one release equals months of meditation. Then

taught it to students. So "The Ultimate Freedom" can only be used for theoretical reference. It can be said those are records of failed teaching.

Ran 2020-09-30 12:08:24 @Wind? What if you can't categorize the emotion? Every time I categorize, I need to use the mind.

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Wind 2020-09-30 12:08:52 You can use the mind a little. But don't dwell on it. If you can experience it directly, then continue the process. The chart is just an aid. Because I know many people don't know what their emotion is. Some can't even experience it. At this point, the chart is somewhat useful. Using these tools well can help everyone progress faster.

D 2020-09-30 12:12:37 I treasured "The Ultimate Freedom" as a jewel, and it's a record of failed teaching! I can't accept that.

Wind 2020-09-30 12:12:58 What he says is consistent. But initially, he didn't lower himself to the level people could accept in teaching. So few people grew. Therefore, most methods in "The Ultimate Freedom" are not directly operable for ordinary people. This is part of the early audio. Later, Lester Levenson talked about this. He said the release method is the most effective method, so later audio revolves around how to better use the release method.

D 2020-09-30 12:14:28 @Wind? Pipe insertion and the three questions – which one did Lester Levenson actually teach?

Wind 2020-09-30 12:14:36 The three questions. This is the teaching Lester Levenson set up at the Sedona Institute.

D 2020-09-30 12:15:22 Hale Dwoskin is conservative in teaching.

Wind 2020-09-30 12:15:33 Later, he also let himself go. Triple welcoming, etc. I've watched his recent videos on YouTube; they have nothing to do with the release method anymore. All about welcoming the perfection and imperfection of the present moment, etc.

D 2020-09-30 12:16:06 He's not like Larry Crane (Lawrence Crane). Larry Crane (Lawrence Crane) tells people just sit at home and release, any wish will come true. Hale Dwoskin says the external may not necessarily change, but it's okay if the mindset changes. Very conservative teaching.

Wind 2020-09-30 12:16:23 Oh, you're talking about this. Mr. Lester Levenson also said this. In the advanced course, it's about getting anything through release.

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Wind 2020-09-30 12:17:05 Use it as much as possible, use it to the extreme. This is Lester Levenson's teaching.

Leaping Flame 2020-09-30 12:22:17 @D? "The Ultimate Freedom" contains truth; how can it be a failure?

Wind 2020-09-30 12:22:33 After releasing to a certain level, you will naturally understand the things in "The Ultimate Freedom." But those teachings cannot replace the release method.

JianWang 2020-09-30 12:22:49 Where did you get this information?

Wind 2020-09-30 12:23:05 A student said it. Someone interviewed Lester Levenson's student. One day Lester Levenson was meditating and suddenly discovered this method. Initially called it the release process. The reason earlier audio belongs to failed teaching experiences is that he didn't lower himself to a level everyone could accept in teaching. He directly gave some very high-level things and said, "Go do it." This is why many people didn't progress much. It doesn't mean what "The Ultimate Freedom" says is incorrect.

D 2020-09-30 12:27:14 @Wind? Why didn't he just directly copy the method he used during those three months sitting on the bench and release exactly as he did? Why not copy it directly? And why did it lead to failed teaching?

Wind 2020-09-30 12:27:31 This was also mentioned in a later audio. Initially, he wanted to teach others what he had realized. It took him eighteen years to come back to this world. This was a process of gradually lowering himself. But Lester Levenson said in the audio, if he had the six steps then, he would have been faster. "You have the method, you can be faster than me." "In the first month, I released wanting approval; the second month, wanting to control; the third month, releasing the fear of death. One month at a time." "But you have this release technique, you have the six steps, so you might do it in a few weeks." Something like that.

D 2020-09-30 12:31:12 24 hours with "What am I?" would be faster. I tried. Result: kept getting distracted. An hour, 50 minutes were distracted.

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Wind 2020-09-30 12:32:14 I tried too. For me, its effect is not as good as the release method. So I use the release method. We don't have that strong desire for freedom, so asking "What am I?" doesn't work. In the past, Lester Levenson's students often turned it into meditation, enjoying that good feeling, without growth. But one release equals months of meditation. Therefore, later Lester Levenson almost exclusively taught about release. He said, this is the most efficient and effective method for you.

JianWang 2020-09-30 12:36:12 Later, Lester Levenson was more keen on "Who am I?" Going straight for the kill.

Wind 2020-09-30 12:36:23 No, that was earlier. "Who am I?" is early.

D 2020-09-30 12:36:22 Sitting at home releasing every day, how does rent come? How does money for food come?

Wind 2020-09-30 12:36:45 Release, and it comes. Lester Levenson meant that. drop into your experience. What you want drops into your experience.

D 2020-09-30 12:37:22 Release the attachment and fear regarding rent, and then it comes?

Wind 2020-09-30 12:37:39 Release all feelings about rent, and then it comes.

D 2020-09-30 12:37:47 That's too hard. Might as well go earn money.

Wind 2020-09-30 12:38:21 The point isn't about having money. The point is this opens a preview for you. The point is you see how it happens. Thus melting many limitations.

Hai 2020-09-30 12:39:33 Teacher Wind, which desire does wanting revenge belong to?

Wind 2020-09-30 12:39:47 What tendency do you feel? Wanting to control or wanting approval?

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Maybe both.

D 2020-09-30 12:40:40 @Wind? Are all emotions only divided into the three basic emotions? No need to divide into other categories?

Wind 2020-09-30 12:40:56 Emotions are developed from the two major wants. The development process is talked about in "The Way." You can take a look.

D 2020-09-30 12:41:33 You are Lester Levenson's incarnation.

Wind 2020-09-30 12:41:41 No, no. Just a student.

Hai 2020-09-30 12:41:00 @Wind? In the Sedona Method, it's said to be wanting for safety. How come I can't find the feeling?

Wind 2020-09-30 12:41:27 Initially, don't pay attention to wanting for safety. Lester Levenson: "What was it last time? OK, the first thing we suppress is the desire to survive as a body, which appears as 'fear of death.' How does it develop into other feelings? If I get everyone's approval, I am safe, I can survive as a body. If I can't get their approval, I want to make them approve of me, so I can be safe and survive – that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with wanting approval and wanting to control first. When you release those, the 'fear of death' at their bottom will naturally and noticeably surface for you to release." Look at this original text from Lester Levenson. Then you'll know. So the '92 course only asks you to perceive the two major wants. Release enough, and the underlying want to survive (fear of death) will surface for you to release. Until then, you use the entire program of wanting to control and wanting approval to defend, thus deeply suppressing the fear of death. So you can't see it. So don't

be misled by the later writings of the Sedona Method book. Use the simple process. Several audios also mention this. Let's release first. Discuss this much for now.

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Zheng Liang Long Da Bao 2020-09-30 13:15:00 Sometimes when I do release exercises, I unconsciously hold my breath. What's going on?

Zheng Liang Long Da Bao 2020-09-30 13:16:28 I'm the same. Wanting to control my breath to make release smoother.

Wind 2020-09-30 13:16:57 You might be quite tense. Wanting to control the process. It's okay. After noticing, just relax as much as possible.

2020-09-30 (New) Wind's view on charging for the release method, and how Hale Dwoskin and Larry Crane (Lawrence Crane) changed the release method to facilitate promotion and profit

Wind 2020-09-30 22:45:20 Release, release... I have many friends everywhere, constantly inviting me to visit. So "travel" doesn't cost money. Only travel expenses. Train fare.

Leaping Flame 2020-09-30 23:52:10 Charging for spiritual learning is not good.

Wind 2020-09-30 23:52:18 Why charge? Can't release bring abundance? If you can't even become abundant yourself, how can you teach others?

JianWang 2020-09-30 23:56:34 @Wind, what are you translating recently?

Wind 2020-09-30 23:56:46 I'm not translating anything new. Mainly haven't had the time. Whenever I translate one, I share one. So if I haven't shared, it means I haven't translated. I've never understood how teaching the release method can be charged for. This process is too simple. Can be explained in a few sentences. Then it's just constant use. Unless you go off on tangents, then you need to charge. Then it'll also be cherished. Strive to get all the benefits of the release method. Tomorrow night, Mid-Autumn Festival, I'll be on the train. I'm going back to Suzhou. I myself have also read a lot of religious, philosophical, and meditative stuff. I don't talk about them now. Because these conceptual things are often obstacles.

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Wind 2020-09-30 23:58:56 Back when I studied Buddhism, I was also very serious. I studied Pali, read the Pali Canon.

Dalu Zheng 2020-10-01 00:11:10 Did you put down Harvard Law?

Wind 2020-10-01 00:11:36 Because the release method is more efficient for me. Lester Levenson said just one release equals months of meditation. For me, this is very accurate. Because that's how my experience has been. In the past, my Vipassana practice was also

quite good, but it is indeed not as efficient as the release method. So I don't care what it is; I use whatever is most efficient for me. Now when others discuss Buddhism, I generally don't interfere. Because I believe these metaphysical discussions are often unhelpful. Now the discussion focuses on how to. How to do it. How to do it. How to reach it. Even studying Buddhism, it's like the raft parable. You need to know how to cross the river. And focus on that. I spent many years on research. I was more intellectual in the past. But the insights it brought me are not as great as the release I've done in a short time. If you are honest with yourself, you can easily see whether you're standing still or moving forward. Accepting some conceptual things, intellectual things, easily gives you an illusion. You feel you know a lot. But that's just accumulation of the mind. The mind cannot understand things beyond the mind. It just uses existing experience to speculate about something you haven't seen. Imagine, simulate – the difference from truly seeing is huge. Learning the release method is experiential. I've seen many people in "spiritual" and traditional religions, their minds stuffed with all kinds of views; it's really hard for them to progress. Today we talked about Xing Kong's translation. Xing Kong was an early disseminator of the release method. I'm very grateful for his dissemination. But his translations have one problem: they mix in too many common spiritual terms. But Mr. Lester Levenson actually didn't like using those terms. Lester Levenson liked to use the most concise language to express those difficult concepts. He liked using everyday English. So when I translate, I also try to use everyday language as much as possible.

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Try not to use those big words. Lester Levenson's style is different from other masters. He rarely uses words with strong classical religious connotations. But when they translate like that, they add those words back. So if I talk about release method theory, I set a principle for myself: I absolutely never use things outside Lester Levenson's system to discuss it. All the language is his own. I won't use Buddhism to discuss it, even though I've studied Buddhism. I won't mix the teachings of two masters. Because I believe their paths are each complete. They don't need our little minds to connect and piece them together. I spent seven or eight months reading Pali and English translations. I think mixing various teachings is a strange thing. Does it mean each master didn't teach a complete map, needing your mind to piece it together? For beginners, you can follow the original release method course directly. Follow the operation. After learning, then look at the later ones.

Group Member 2020-10-01 19:15:03 @Wind? Does the release method involve religious beliefs?

Wind 2020-10-01 19:16:53 No. Lester Levenson said, "Don't believe what I say." In "The Way," he also quotes Ramana saying, there is no God, only yourself. The most important thing is the release method doesn't need to impose a belief system on you. You release, then gain insights from within. This is not like traditional religions where you first believe a set of things. You can have it. But with release, you will see the truth yourself. Then you are not operating at the level of belief, but at the level of knowing. You know it is so, without needing a system of beliefs in the mind to believe something. Lester Levenson also often mentioned Jesus Christ. And the phrase "I am that I am." This is the best phrase in the Bible to express infinite existence. Let me show you from Lester Levenson's autobiography, about the Bible. "Beginning with 'Genesis,' the Bible is the story of our descent as God into gods,

and then into man. 'Revelation' is just the reverse; it tells of the seven states that man goes through to return to his God- state."

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"The Bible was originally very good, very high and inspiring, with specific methodology, as it should be. But because it was outlawed and driven underground during the Dark Ages, and also because so many people without full understanding re- translated it, most of the methodology has been left out." "Where is the methodology in the Bible? That's the most important thing: How to do it! Only in Eastern teaching has the methodology been preserved." "Our Bible is also codified. The Book of 'Revelation' is code based on inspirational revelation. Even ministers who have spent their lives studying it cannot understand 'Revelation,' the most important chapter of the Bible." "I've always advised people to get the Red Letter Edition of The New Testament, and read only the red letters. The Red Letter Edition has everything said by Jesus printed in red the rest in black. There you have set out the very best of the Bible, the direct words of Jesus." In other words, today's Christianity doesn't really understand the Bible.

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Only the enlightened can reveal the esoteric meaning of the Bible.

D 2020-10-01 19:27:25 @Minnie? Lester Levenson also said: if you surrender completely, you can even have coffee with Jesus.

Wind 2020-10-01 19:27:54 Yeah, Lester Levenson said, as long as you accept, you can sit and have coffee with Jesus. I've also studied the Bible. But purely as intellectual learning. From the Scholastic system: Augustine, Aquinas, Leibniz's Theodicy. Yogananda also actually commented on a passage of the Bible. The Hindu enlightened being Lester Levenson often mentioned.

D 2020-10-01 19:29:34 Maybe Jesus will conjure up a phone to pay. I guess he'd conjure up a Huawei, not an Apple.

Wind 2020-10-01 19:30:06 Huawei phones have no chips; he'd conjure up a chip. Lester Levenson often mentioned two enlightened beings: one is Yogananda, one is Ramana Maharshi. Ancient ones mainly Buddha and Jesus.

Leaping Flame 2020-10-01 19:31:17 India mainly has Hinduism and Sikhism. Buddhism declined in India and flourished in China.

Wind 2020-10-01 19:31:41 There are basically no Buddhists left in India. Very few. I used to care about who is enlightened or not. After learning the release method, I don't care. According to Lester Levenson, complete awakening has several criteria: absolute stillness, becoming master of mind and matter. Or freedom. After learning the release method, I don't want to operate at the level of believing in my mind. So I won't use my mind to consider who is enlightened and who isn't. Lester Levenson said, your infinite being is omniscient and

omnipotent. Identifying with your infinite being is awakening. Therefore, when you release to that point, you'll see for yourself who is enlightened and who isn't. No need to judge now.

Bruce 2020-10-01 20:30:46 @Wind? My friend asks, if you can't release and that blocked feeling in the chest gets heavier and heavier.

Wind 2020-10-01 20:31:34 What does the emotion feel like? Identify it. Use the chart for assistance.

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Wind 2020-10-01 20:33:28 Then use the three questions on it. If you continue doing this and feel more and more stuck, use step five of the six steps. See if you want to change this stuck feeling. Then ask yourself if you can let this desire to change leave. Take a look. If you are a beginner, look at the '92 release method course videos to understand the use of the chart. "Sedona Release Method 1992 Teaching Video 1" is for beginners; take a look.

Xia Na 2020-10-01 20:41:28 Releasing the fear of death is the hardest. Those who commit suicide directly face death; does that mean they are free? @Wind? Did Grandpa Lester Levenson talk about this issue?

Wind 2020-10-01 20:44:49 Yes, he talked about it. Lester Levenson said the fear of death and the desire to die are two sides of the same coin. People who commit suicide actually do so because of the fear of death. Yes, releasing the desire not to live and the desire to die are both part of the fear of death. This is said in "The Way Part 1."

Xia Na 2020-10-01 20:49:53 Do people who have this thought of wanting to die have a deeper fear of death, or have faced the fear of death more times before?

Wind 2020-10-01 20:50:05 Not necessarily. But it could be so. Because Lester Levenson talked about attachments and aversion in other audio. He said these two are the same thing. Just opposite directions. But your "aversion" is subtler than your "attachment." Because you want this, want that – this is more obvious. So the desire to live is more obvious. The "aversion" to living is subtler. But they are two sides of the same coin, existing simultaneously. "Now also need to throw yourselves into the fear of living, it is two sides of the same coin with the fear of dying. Because we have a large group of people who want to get rid of everything by dying. So wanting to live, wanting to die, fear of dying, fear of living, these four things can be considered together, perhaps you can write them down, it will cause a shocking change in each of you." This is Lester Levenson's original words. This theme was discussed in "The Way 1."

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Wind 2020-10-01 20:54:07 Lester Levenson: "Right, that's the first step, and it's the first step of the method, isn't it? You have to want freedom more than you want this world. Let me rephrase that slightly, but that is indeed how it was originally. Because it seemed to have no real meaning for people, we changed it to 'you must want freedom more than you want approval and control,' because approval and control equate to the world." Wanting approval

and wanting to control = the world. Therefore, step one of the six steps can be written as "You must want freedom more than you want this world," or "You must want freedom more than you want approval and control." But when you actually release, you don't need to be so complicated. Just need to identify these two wants.

D 2020-10-01 20:57:38 But I want to release more than I want freedom.

Wind 2020-10-01 20:58:20 Step one can only be continuously confirmed. At first, you can't do it. But after you release, you'll feel freer. This experience of feeling freer will make you want it more. That's step six promoting step one. It's also the use of the gains book. You record your gains. This will make you increasingly realize the value of freedom, and thus increasingly want freedom. Lester Levenson talked about this in an audio called "Going Free." Step one might be a bit abstract at first, but every time you release, you experience what "freer" feels like. Gradually, it won't be abstract for you.

Yuan Meng 2020-10-01 21:03:53 If someone doesn't reply to a message, how to release this concern?

Wind 2020-10-01 21:04:20 What is your current feeling about it?

Yuan Meng 2020-10-01 21:05:01 @Wind? Feeling of being neglected.

Wind 2020-10-01 21:05:58 Release this feeling. That's it. Release method targets feelings. Regardless of the situation, you have a feeling about it.

Yuan Meng 2020-10-01 21:06:54 Using pipe insertion method or question prompts?

Wind 2020-10-01 21:07:12 I use question prompts.

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Wind 2020-10-01 21:07:45 I've translated up to part 4 now. This is the advanced course. Lester Levenson gave it to Sedona graduates. Beginners are advised to first learn to release using that '92 release method course. Sedona Release Method 1992 Teaching Video 1. Sedona Release Method 1992 Teaching Video 5. Release Method Advanced Course. Follow this order. First, use Video 1 to learn basic release. After you are proficient, start learning to release wants from Video 5. After you learn it, use that method for releasing wants. Then, if you want freedom, look at the advanced course.

Zi Zai Ren Sheng 2020-10-01 21:08:27 @Wind? I won't ask you again later? Questions are welcome.

Zi Zai Ren Sheng 2020-10-01 21:10:19 Is Video 5 about releasing wants?

Wind 2020-10-01 21:10:27 Yeah.

Zi Zai Ren Sheng 2020-10-01 21:10:58 Thank you.

Wind 2020-10-01 21:11:01 let go. I generally like to translate it as "let it leave" or "let it go." Can you let it leave? Willing? When? Feelings are suppressed energy. They also want to push themselves out. You just need to release the pressure, stop holding it down, and it is released. No effort needed; it's natural.

Yuan Meng 2020-10-01 21:12:06 @Wind? Can't. It feels like constant pain. Didn't feel it before.

Wind 2020-10-01 21:12:32 Not releasing physical sensations. It's feeling.

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Your emotions: worry, fear, anger, resistance, grief, apathy, pride. Release these emotions.

Dang Xia Ru Shi 2020-10-01 21:13:14 Do you just need to feel the emotion and ask these three questions? Do you need to refer to the emotion chart?

Wind 2020-10-01 21:13:44 If you can't identify your emotion, you can use the chart for assistance. The reason for assistance is that many people take habitual emotions as background.

Dang Xia Ru Shi 2020-10-01 21:13:55 Could I just feel the emotion and ask the questions without categorizing? I feel categorizing would fall into the mental realm.

Wind 2020-10-01 21:14:03 You can, yes. But tracing up is more effective. "This chart is an objective observation of your subconscious mind. I mean, when you work with this chart, you'll find that almost nothing among the emotions you experience daily falls outside these categories. Every feeling we have, you'll find, falls into these categories. Another reason we categorize them is because it actually helps. When we think of our subconscious, it's often like a garbage heap. You don't even want to look at it because you pile so much stuff there... We pile it into a garbage heap, a garbage room... We do the same with our subconscious mind. We hold onto many things from the past, which consciously manifest as our feelings, driving this world. Of course, another reason we don't want to see our subconscious is because it's all mixed together. One purpose of this chart is to help you separate them. When you have a mind, a subconscious mind, you'd better organize it like this; your feelings are organized and operate like this. Removing the fog makes it easier for you to be aware of what the feeling is at the moment, and then you start to know what to do. Now if you notice there are many categories here: apathy, grief, fear, lust, anger, pride, fearlessness, acceptance, peace. Under each category, there are many feelings. What we are going to do in this course is, when you become aware of whatever feeling is present, it may not necessarily be apathy, grief... If you don't perceive it that way, what you do is trace it up to these categories. The reason we do this is that every time you release a little bit of grief, you release all the feelings underneath it. So releasing grief is much more powerful than releasing those individual feelings underneath. When you trace these lower feelings back up to this emotional category and release that category, you'll find you move up faster." The course says this; you can refer to it. However, try to use feeling as much as possible; don't use mental analysis. feel, don't think.

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Wind 2020-10-01 21:16:43 I now don't use any materials modified by Lester Levenson's students after his death. The main ones I recommend are the original courses from Mr. Lester Levenson's Sedona Institute in '92. Use this original process as a reference. Then combine it with Lester Levenson's later advanced course audio. I only select these two types of materials to discuss release method issues. Books written by Hale Dwoskin after he established his own commercial organization, books written by Larry Crane (Lawrence Crane), and other statements – I do not adopt. I don't oppose them, but I don't adopt them. Because the original course is very concise, personally created by Lester Levenson. It is complete, clear, and doesn't need mixing with new things.

Zi Zai Ren Sheng 2020-10-01 21:18:40 If you don't share the original course, we can't find it.

Wind 2020-10-01 21:19:38 On YouTube. Domestic can't see it. It was uploaded abroad only recently by someone. Because domestic release method materials are incomplete, I took many detours before. So now I hope beginners don't take this detour. Abroad, no one teaches the original course either. Probably uploaded by some former students. Should thank the person who uploaded them. Including those who uploaded Lester Levenson's later audio. Because domestically, "The Ultimate Freedom" is taken as a practice guide, but they don't know some of the context. Lester Levenson tried many methods in his teaching over eighteen years. But students didn't grow. In 1975, he discovered the release method. Found one release equals months of meditation. From then on, students began to grow through this release process. Lester Levenson believed that if he had had the release process and six steps back then, he would have grown faster. So later audio all revolves around the release method. But "The Ultimate Freedom" is a collection of early audio, the teaching over those eighteen years that didn't help students much. When I first learned the release method, the domestic release method circles really liked to find methods in "The Ultimate Freedom." Actually, this should be a misconception. But I found that Lester Levenson's later audio after creating the release method is almost untranslated domestically. This also leads to a lack of understanding of this situation in China. Because there are many people teaching in the market, they cannot teach the same thing. So they all changed it. Foreign release method teaching is also like this.

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For commercial reasons, Larry Crane (Lawrence Crane), Hale Dwoskin, and other niche players.

D 2020-10-01 21:31:56 I think Larry Crane (Lawrence Crane) is not... Larry Crane (Lawrence Crane) is a true student of Lester Levenson in the real sense.

Wind 2020-10-01 21:32:16 Larry Crane (Lawrence Crane)'s organization sends ads to my email every day.

D 2020-10-01 21:32:22 Hahahaha, slap in the face.

Wind 2020-10-01 21:32:56 But Lester Levenson hadn't yet discovered the release process. That is, he knew how to release, but didn't know how to teach others to release. Because Lester Levenson said the enlightened are omniscient, omnipotent. So he just knows. He doesn't need to have experience. He just knows which is more effective, which is better, which suits you better. Sends me ads every day.

Wind 2020-10-01 21:37:45 Lester Levenson's is most suitable for me. I always say this. Because it's most effective for me. Because I can only represent my personal experience. Maybe some people are suited for others. The truth is the same. There aren't two truths. But different paths may suit different types of people. This I can't cover everyone with my own experience.

Wind 2020-10-01 21:48:17 Larry Crane (Lawrence Crane) also created a measuring instrument, quite interesting. **The iCap Release Meter is an instrument that measures brainwaves. When you wear this meter during release, it displays the resistance level. Release the resistance, the level drops, and you can check your release progress. In his lectures, Larry Crane (Lawrence Crane) often promotes this meter and its benefits. The Chinese translation omitted these contents.** The resistance level seems a bit far-fetched to me.

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Wind 2020-10-01 21:50:50 When I was abroad before, I thought about getting one to try. Probably just a device measuring brainwave frequency.

D 2020-10-01 21:59:46 How much does it cost? In RMB?

Wind 2020-10-01 22:00:02 Don't know. But his courses sell for quite a lot. I imagine this won't be cheap either.

Lucky Star 2020-10-01 22:03:07 May I ask if Larry Crane (Lawrence Crane) is enlightened?

Wind 2020-10-01 22:03:41 Neither he nor Hale Dwoskin say they are enlightened. A full course costs over 800 USD. Plus Lester Levenson's audio also sold. 800 USD is for CDs. On-site classes are more expensive.

[Image with text showing price and details]

This is the selling price of Lester Levenson's audio series sold by Larry Crane (Lawrence Crane)'s release method organization. Now, most of these audios have been uploaded to YouTube by kind people, so you don't have to buy them from him.

Nothing 2020-10-01 22:10:23 What about Hale Dwoskin's organization? [Chuckle]

Wind 2020-10-01 22:12:17 [Image with text showing book titles] Hale Dwoskin's organization sells these few books. The two videos are free to watch. The other audio is published in book form. But we probably already have these materials too. The first one should be modified. I've read that one. It says co-authored with Lester Levenson. Actually,

it's just Lester Levenson's audio material with a section of his own insights appended. I don't know about the later ones. That book, "Happiness is Free." Foreigners often complain too, saying the current Sedona organization has become a money maker. He feels sad about it.

Wind 2020-10-01 22:20:57 I've finished listening to everything available on YouTube. This uploader has uploaded quite a lot of later audio. Very good.

Zheng Liang Long Da Bao 2020-10-01 22:21:49 The ones on the public account, did you download them or screen record? I thought they weren't the same version; they don't sound as clear.

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Wind 2020-10-01 22:22:21 Those should have been downloaded and added by the group owner. I'm translating directly from YouTube.

Zheng Liang Long Da Bao 2020-10-01 22:23:31 There's also a film made by his students about Lester Levenson, "Go All the Way." But no complete version.

Wind 2020-10-01 22:23:52 This isn't "Go All the Way"? This should be translated as "Go All the Way." This is what Lester Levenson often said: go all the way.

Nothing 2020-10-01 22:26:40 Did Lester Levenson leave in 1994?

Wind 2020-10-01 22:26:47 Yeah.

Nothing 2020-10-01 22:27:15 Such a short time, and it's already been modified. Think about it, Buddhism has been around for 3000 years, modified into what now?

??? 2020-10-01 22:27:45 I'd like to ask, are there any books written by Lester Levenson himself? [Poor]

Wind 2020-10-01 22:28:00 Lester Levenson only wrote one autobiography himself. Also a book called "The Ultimate Truth." Later, he didn't write any books. Only audio. But the release method was his own creation, his most recommended method. I look at the early teachings very little now. I read them many times before. Could almost recite them.

Kuang Bo 2020-10-02 08:27:08 I'm planning to buy Lester Levenson's foreign audio.

Wind 2020-10-02 08:37:49 If you buy, help us see if there's new content. Most of the audio collected by the group owner is incomplete, only about ten minutes long. Many audios are uploaded on YouTube. But there should still be some not uploaded. Being able to release is enough. The matter of collecting materials, let it be.

Edited by Omi 2022.06.22

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Document name:

Wind - Feng – talks about – Lester Levenson – Lester Levenson Six Steps – Lester Levenson (The 1992 Original Sedona Method Release Technique) – Wind (Feng)

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